



American Academy  
of Pediatrics



DEDICATED TO THE HEALTH OF ALL CHILDREN™

Ohio Chapter

# 3 Rules to Follow When Biking

1. **Always** wear a bike helmet
2. **Pay attention** to traffic sights and sounds
3. **Know and obey** traffic laws

[#bikehelmetsafety](#)



## Safety Pledge

*I Promise to...*

- Always wear my bike helmet
- Pay attention to traffic sights and sounds
- Wear bright colors so drivers can see me
- Ride or walk with a friend or in groups
- Know and obey traffic laws
- Be careful around parked cars

*Signature:* \_\_\_\_\_