



Bike Safety Worksheet For Kids

To be used with EZ Ride's Bike Safety PPT

1. The most important safety equipment people should wear when cycling is a _____. Kids under age ____ are required by NJ law to wear one.
2. I should wear _____ clothing when I'm riding my bike.
3. Kids under age ____ should ride with an adult.
4. I should ride my bike on the _____ side of the street.
5. The 4 rules of walking are; Stop, _____, Listen & _____
6. It's important to obey stop _____ and traffic _____ and to stop at the edge of my _____ before riding into the street
7. My bike needs to have a _____ so I can let people ahead know I want to pass
8. I need ____ minutes of exercise everyday.
9. During Covid-19, it's important to stay _____ feet away from other cyclists
10. My helmet should be worn _____ (circle the best choice below)
flat on my head tilted to the side on the back of my head
11. In an ABC Bike Check, what does each letter stand for: A_____, B_____, C_____
12. It's safe to use a phone & headphones while bicycling (circle one) TRUE or FALSE
13. I should eat these foods to stay healthy (circle all best options)
Chips Vegetables Soda Fruit Water Ice Cream Milk Candy Bars
14. Which hand is best to use when signaling? Circle the answer: **Right arm** **Left arm**
15. At night, I need a _____ - colored headlight on the front of my bike, and a _____ - colored taillight on the back.



Bike Safety Worksheet - For Parents

Kids can share with their parents after watching EZ Ride's Bike Safety PPT

1. Even though parents are not required to wear a bike helmet, it provides a good example for kids and helps protect their head in case of a crash. **True or False**
2. Parents don't need to test the skills of their child before letting them ride alone - kids can learn how to ride in the streets on their own. **True or False**
3. While adults should ride in the street, it's OK for kids under 10 to ride a bicycle on the sidewalk if they are scared **True or False**
4. It's OK for two families to not wear masks and ride their bicycles really close to each other during Covid-19 if they are good friends. **True or False**
5. Parents can test their kid's bikes using an ABC Bike Quick Check before they go out to ride to check air, brakes, and the chain to prevent crashes or injuries. **True or False**
6. Key skills a parent can teach a child are how to look both ways at the driveway and at corners, how to brake, and how to put on their own helmets. **True or False**
7. If parents make sure that their child is wearing a helmet at all times and that it is properly fitted, it can save a child's life in case of a crash. **True or False**
8. If parents don't follow all the rules of the road (stopping at street lights and stop signs) it sets a great example for their children. **True or False**
9. If parents buy their children dark colored book bags and dark colored jackets, it can make them highly visible to the traffic. **True or False**
10. If parents are distracted while driving (using a hand-held phone or eating while driving) it can be a danger to cyclists that are also on the road. **True or False**