

# Neighborhood Safety Newsletter



PROTECT OUR COMMUNITY - PARTNERSHIPS - PROFESSIONALISM - PREVENTION & INTERVENTION  
OWNERSHIP

## Bicycle Safety

With spring in full swing and the summer months fast approaching, now is a good time to remind everyone of bicycle safety. As children are riding their bikes to school and families are out enjoying the weather and community events here in Sacramento, it is essential both drivers and bicyclists keep safety in mind at all times. Here are some bike safety and driving safety tips provided by the State of California – Office of Traffic Safety.

- Before the school year starts, take practice rides so that both parents and children know the safest routes.
- Always wear a properly fitted helmet.
- Always ride on the right side of the road. Never ride against traffic.
- When riding in groups, always ride single file, not side by side.
- Watch out for dangers in the roadway – storm drains, gravel, pot holes, trash, etc.
- Stop at all stop signs and traffic lights. Be extra careful at crossroads.
- Watch out when riding next to parked cars. Drivers may not see you and can quickly open doors or pull into the street.
- Listen for cars approaching from the side or behind you. Never wear headphones.
- Know your road signs and obey them.
- Always be prepared to stop.
- No cell phone talking or texting while riding. Watch what's going on around you.

## Parents and caregivers:

- Follow all traffic laws and take safety precautions, especially when driving in areas where children may be present. The maximum speed limit in school zones is 25 MPH when children are near the road.
- In school drop-off and pick-up zones, be extra alert and drive slowly. Watch for your children and all the other children too.
- Do your eating and grooming before leaving home with the children. Keep your cell phone turned off until you reach work.
- Children must be secured in the back seat in an appropriate car seat or booster seat if they are under the age of eight or are less than 4'9" tall.

## Teens:

- Your high school driving years are the most dangerous. Be aware and cautious.
- Don't be distracted by cell phones, friends, or too much fun in the car.
- Use your seat belts every day, every trip. Seat belts save more lives than anything else.
- Take it easy. It takes a couple of years before you really know how to drive in all circumstances.

Drivers - always obey the rules of the road and watch out for pedestrians and bicyclists at all times. See our [Bicycle Safety Video](#) and be safe out there!

Help us in "Making Sacramento the Safest Big City in California."

