



Crime Prevention Tips

ARAPAHOE COUNTY SHERIFF'S OFFICE
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Committed to quality service with an emphasis on integrity,
professionalism and community spirit.

Bike Safety

Many bike-related crashes resulting in injury or death are associated with your behavior as a bicyclist, and most of them are in your control. First, while it does not prevent a crash, a bike helmet worn correctly can prevent injury to your brain if you crash; a helmet could save your life. By paying attention and knowing and following some basic rules of the road, you can avoid some crashes completely.

Biking is fun, healthy, and is a great way to get around independently. But remember your bike is a vehicle, not a toy! So **DRIVE** your bike and follow these tips:

Safety Riding Tips: Before riding, make sure you and your bike are ready to ride. You can be a “roll” model for your peers and younger kids by remembering to:

- **Wear a bike helmet.** Protect your brain, save your life. For more information see the National Highway Traffic Safety Administration’s Fitting Your Bike Helmet brochure on page 3 and 4.
- **Adjust your bike to fit.** Stand over your bike. There should be 1 to 2 inches between the rider and the top tube (bar) if using a road bike and 3 to 4 inches if using a mountain bike. The seat should be level front to back, and the height should be adjusted to allow a slight bend at the knee when the leg is fully extended. The handlebar height should be at the same level with the seat.
- **Check your equipment.** Before riding, inflate tires properly and check that the brakes work.
- **See and be seen.** Whether it is daytime, dawn, dusk, foul weather, or at night. Wear neon, fluorescent or other bright colors when riding to make yourself visible to others. Also wear something that reflects light, such as reflective tape or markings, or flashing lights. Remember, just because you can see a driver, does not mean the driver can see you.
- **Control your bike.** Ride with two hands on the handlebars unless signaling a turn. Place books and other items in a bike carrier or backpack.
- **Watch for and avoid road hazards.** Look for hazards that may make you crash, such as potholes, broken glass, gravel, puddles, leaves, and dogs. If riding in a group, the rider in front should yell and point to hazards to alert other riders.
- **Avoid riding at night.** It is harder for other road users to see bicyclists at dusk, dawn or nighttime. Use reflectors on the front and rear of the bike. White lights and red rear reflectors or lights are required by law in all states.

Rules for biking on the road: In all states, bikes on the roadway are considered vehicles and bicyclists are the drivers of those vehicles with the same rights and responsibilities as other motorists to follow the rules of the road, including:

- **Going with the traffic flow.** Ride on the right side in the same direction as other vehicles. Go with the flow – not against it.
- **Obey all traffic laws.** As the driver of your vehicle on the road, obey all traffic signs, signals, and lane markings.
- **Yield to traffic.** Almost always, drivers on a smaller road must yield (wait) for traffic on a major or larger road. If there is no stop sign or traffic signal and you are coming from a smaller roadway (out of a driveway, from a sidewalk, a bike path, etc.), slow down, look for traffic, and go only when it is clear. Also yield to pedestrians in crosswalks.
- **Be predictable.** Ride in a straight line, not in and out of cars. Signal your moves to others.
- **Stay alert at all times.** Use your eyes *and* ears. Look for potholes, cracks, wet leaves, storm grates, railroad tracks, or anything that could make you lose control of your bike. Listen for traffic and avoid dangerous situations; don't use personal electronic devices while you ride.
- **Look before turning.** When turning left or right, always look behind you for a break in traffic, and then signal before making the turn. Watch for left or right turning traffic.
- **Watch for parked cars.** Ride far enough from the curb to avoid the unexpected from parked cars (like doors opening, or cars pulling out).

Sidewalk versus street riding: The safest place for riding a bike is on the street, where bikes are expected to follow the same rules of the road and ride in the same direction as motorists. Sidewalks are designed for slower moving traffic like pedestrians. If you do not know the rules of the road, or your parents feel like you are not ready to ride on the street, avoid riding your bike near traffic altogether.

- For anyone riding on a sidewalk:
 - Check the law in your state or jurisdiction to make sure sidewalk riding is allowed.
 - Watch for vehicles coming in and out of driveways.
 - Stop at corners of sidewalks and streets to look for cars and to make sure the drivers see you before crossing.
 - Enter a street at a corner, not between parked cars. Alert pedestrians that you are nearby, saying, "Passing on your left," or use a bell or horn.

For more information on bicycle safety, visit the NHTSA website at:

<http://www.nhtsa.gov/>

**To report a crime, call the
Arapahoe County Sheriff's Office at (303)-795-4711
or 911 for emergencies.**

Fitting Your Bike Helmet

Buy it. Fit it. Wear it.
EVERY RIDE!

The Proper Helmet Fit

Helmets come in various sizes, just like hats. Size can vary between manufacturers. Follow the steps to fit a helmet properly. It may take time to ensure a proper helmet fit, but your life is worth it. It's usually easier to look in the mirror or have someone else adjust the straps. For the most comprehensive list of helmet sizes according to manufacturers, go the Bicycle Helmet Safety Institute (BHSI) Web site at: www.bhsi.org/.

STEP 1

Size:

Measure your head to find your size. Try on several helmets in your size until one feels right. Now put the helmet level on your head and adjust the sizing pads or fit ring until the helmet is snug.

STEP 2



Position:

The helmet should sit level on your head and low on your forehead—one or two finger-widths above your eyebrow.

STEP 5



Chin Strap:

Buckle your chin strap. Tighten the strap until it is snug, so that no more than one or two fingers fit under the strap.

STEP 3



Side Straps:

Adjust the slider on both straps to form a "V" shape under, and slightly in front of, the ears. Lock the slider if possible.

STEP 6



Final Fitting:

A. Does your helmet fit right? Open your mouth wide...big yawn! The helmet should pull down on your head. If not, refer back to step 5 and tighten the chin strap.

STEP 4



Buckles:

Center the left buckle under the chin. On most helmets, the straps can be pulled from the back of the helmet to lengthen or shorten the chin straps. This task is easier if you take the helmet off to make these adjustments.

- B.** Does your helmet rock back more than two fingers above the eyebrows? If so, unbuckle and shorten the front strap by moving the slider forward. Buckle and retighten the chin strap, and test again.
- C.** Does your helmet rock forward into your eyes? If so, unbuckle and tighten the back strap by moving the slider back toward the ear. Buckle and retighten the chin strap, and test again.
- D.** Roll the rubber band down to the buckle. All four straps must go through the rubber band and be close to the buckle to prevent the buckle from slipping.

Replace a Helmet.

Replace your helmet when it has been in a crash; damage is not always visible.

Buy/Fit the Helmet For Now.

Buy a helmet that fits your head now, not a helmet to “grow into.”

Ensure Helmet Comfort.

If you buy a helmet that you find comfortable and attractive, you are more likely to wear it. Readjust as necessary to ensure the helmet fits properly each ride.

Cover Your Forehead.

Adjust the helmet fitting based on your helmet first being in the correct position, level on the head and low on your forehead.

Adjust Straps Until Snug.

Both the side and chin straps need to be snug.

Avoid Helmet Rocking.

Your helmet should not rock forward or backward, or side to side on your head.

If your helmet rocks more than an inch, go back to step 6, and readjust.

Be a “Roll” Model for Safe Behavior

Everyone — adult and child — should wear a bicycle helmet each time they ride. Wearing a helmet each ride can encourage the same smart behavior in others.

Helmet Certification

Bicycle helmets sold in the U.S. must meet the standards issued by the U.S. Consumer Product Safety Commission (CPSC). Look for the certification label inside the helmet.



Helmet Laws

More children ages 5-14 go to emergency rooms for bicycle-related injuries than with any other sport; many are head injuries. As a result, many States and local jurisdictions have child bicycle helmet laws to increase and better ensure the safety of children when bicycling. See: www.helmets.org/mandator.htm.

Like car crashes, bicycle crashes can happen at any time, involving not only children, but adults, many of whom are skilled riders. In fact, middle-age adults represent the average age of bicycle riders killed and injured.

Helmets are the single most effective piece of safety equipment for riders of all ages, if you crash. Everyone should choose to wear a helmet; it just makes sense!

For more information on bicycle safety, visit the National Highway Traffic Safety Administration Web site at: www.nhtsa.dot.gov/bicycles

**ROLL
MODEL**

