Safe Routes to Schools in Marin County is dedicated to changing the way this generation of children travels to school. Biking is healthy for our children and for our planet. Biking to school is fun and a skill your child will benefit from for years to come.

For more information about Safe Routes to Schools, please contact Laura Kelly at (415) 456-3469.

Safe Routes to Schools is a program of the Transportation Authority of Marin.
Sizing the Bike

Make sure the bike is the right size for your child.

- A bike that is too big or too small will be difficult to control.

- Generally you want almost full extension of the leg – with a slight bend in the knee when the pedal is at the bottom of the pedal stroke. When learning to balance, lower the seat so that both feet should be flat on the ground when they sit on the bike seat. Once they learn to balance raise the seat back up.

- There should be at least one inch clearance when straddling the bike.

Kid bikes sizes are determined by wheel diameter:

<table>
<thead>
<tr>
<th>Age</th>
<th>Child’s Inseam*</th>
<th>Wheel Diameter</th>
</tr>
</thead>
<tbody>
<tr>
<td>4–6</td>
<td>14–17 inches</td>
<td>12 inches</td>
</tr>
<tr>
<td>5–8</td>
<td>16–20 inches</td>
<td>14 inches</td>
</tr>
<tr>
<td>6–9</td>
<td>20–24 inches</td>
<td>18 inches</td>
</tr>
<tr>
<td>7–10</td>
<td>22–25 inches</td>
<td>20 inches</td>
</tr>
<tr>
<td>10+</td>
<td>24–28 inches</td>
<td>24 inches</td>
</tr>
</tbody>
</table>

* To measure your inseam, stand up straight with your legs slightly apart. Using measuring tape, measure from just below the crotch to the bottom of your ankle. Record the length in inches.

Picking a Helmet

In California helmets are required for biking, scooting, skateboarding, and roller-skating until 18 years of age (CVC 21212).

Make sure the helmet is designed for cycling. Check that the Styrofoam is intact and replace when damaged or outgrown.

Tips for a proper helmet fit:

- Helmets come in many sizes, start by checking the size of the Styrofoam shell.

- Helmets come in many styles, get one they like!

- Dial in the perfect fit using the two-finger check.
  - Two fingers between the eyebrow and brim of helmet.
  - Two fingers or less between the chin and buckled strap.
  - Two fingers like a “V” around the ear, straps should meet directly below the ears.

Rules of the Road

Bike riders should follow the same general rules that car drivers are expected to follow. Since children are often not developmentally ready to ride on the road, make sure they demonstrate safe cycling habits before they ride by themselves.

Safe Biking for Kids:

- Stop, Look and Listen before entering or crossing a road.
  - Regardless of whether you are on foot or wheels always Stop, Look Left-Right-Left, and listen before entering traffic.

- Bike in the same direction as cars.
  - Drivers do not look for wrong-way traffic.

- Obey Stop signs and traffic lights.
  - Identify upcoming intersection and how to negotiate them. Remember, you can always walk in the crosswalk!

- Communicate.
  - Use hand signals and waves to communicate with traffic.