4 Rules to Follow When Biking

1. **Always** Wear a Bike Helmet
2. **Slow Down** – Always Bike at a Safe Speed
3. **Watch for Others** on the Road or Sidewalk
4. **Watch for Traffic** Sights, Sounds, and Rules

**REMEMBER - BIKES ARE VEHICLES**

In Ohio, bikes are vehicles and people on bikes have the same rights and rules as cars.

#BikeHelmetSafety is your job too!

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**Safety Pledge**

I Promise to...

As a bicyclist:
- Always wear my bike helmet
- Obey traffic signs and signals
- Stop and look both ways before entering the street
- Ride in the direction of traffic

As a motorist:
- Drive at a safe speed
- Check for people walking or biking when turning
- Yield to pedestrians at intersections and crosswalks
- Change lanes to pass

Signature:
Learn more at [OhioAAP.org/PutALidOnIt](https://www.ohioaap.org/PutALidOnIt) and [yourmove.ohio.gov](https://www.yourmove.ohio.gov)

Connect online with #BikeHelmetSafety & #OhioAAP