

Bike Safety

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Referenced from: [Bike Safety - National Safety Council](#)

June is Bike Safety Month. Bike riding is a great way to exercise. You can ride with people of different skill levels and ages, so it makes for a great family activity. **Make sure people can see you easily.** Drivers have a hard time seeing bike riders, even during the day. Follow these tips to help drivers see you.

- Wear a bike helmet.
- Wear neon, fluorescent, or other bright colors.
- Put something on your clothes or bike that reflects light, like reflective tape.
- Try to plan ahead so your bike rides are over before it gets dark
- If you ride at night make sure your bike has reflectors on the front, back, and wheels.
- Use battery-powered lights.
- Bike tradition indicates that a red light is for the back, and a white light is for the front