Bicycle safety gets peddled to kids



With school back in session, parents can do much to safe-guard children by taking a few min-utes to review safety rules with

them. Train your chil-

Train your children to tide the chicycles safely and use the safest route to school and back home. Some bicycle safety onles to review with children include:

Bicycles aren't toys. They are vehicles like cors, trucks and moracycles. They should be treated with the same respect.

Make sure the bike fits properly. The rider should be table to reach the ground with one foot while seated and straddle the top bar with both feet fift on the ground and still have a one-inch clearance.

• Inspect to be sure the bike is in good riding conditions. Most ac-cidents occur when a bike is not in good repolr. Consider these ques-ions: is the seat tight and set at a comfortable height; are the handle-bars tight and easy to manage; is your headlamp bright enough to be seen from 500 feet; are the tires cor-rectly inflated and without cuts, cracks or bulges, are the wheels aligned — make sure they don't wobble; are the spokes in good ro-pair, not bent or broken; is the chain clean, lubricated and fitted properly; are the brakes affitted properly; are the brakes adjusted properly and in good repair; are the pedals showing signs of wear; are there reflectors on the wheels and

Always wear a well-fitted bicycle helmet with the strap fastened when riding.
Ride one person to a bike.
Use a backpack, carrier or basket on the bike to carry packages.

but make sure your view isn't blocked.

• Don't show off. Keep both hands on the handlebars (except when signaling) and both feet on the pedals.

• Watch for traffic when leaving a sidewalk or drivews, Enter the

Watch for traffic when leaving a sidewalk or driveway. Enter the roadway only when traffic is clear.
Learn traffic signals and signal and obey them. Use bicycle hand signals when stopping or making a

Be a safe driver. e Ride on the far right side of turn.

• Ride on the far right side of the road, going in the same direction as cars. Always ride single file Hills Police Department

House posts fall class lineup

The fall schedule of classes and programs at the Community House now is available, with registration already under way.

The schedule includes more than 300 classes and activities. Schedules can be obtained at the Comu

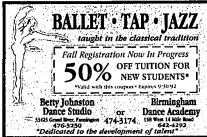
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munity House, 380 S. Bates Street In downtown Birmingham.

Registration may be made in person, by fax or by mail. For more information, call the Community House at 644-5832.







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