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Sheriff offers children back-to-school biking tips

"As school resumes, children will again be riding their bicycles to and from school," Sheriff Cahoon of Hyde County predicts. All too often, children — like adults — become creatures of habit and overlook simple safety precautions. Sheriff Cahoon would like to ask all school children who ride their bicycles to remember a few safety rules:

- Only one person belongs on your bike. Never let a second person ride with you.
- Allow plenty of room for a safe stop. Never follow bikes or cars too closely.
- Keep both hands on the handle bars for safe steering.
- Always give proper signals. Keep a firm grip on the handle bars with your right hand and use your left arm and hand to signal turns and stops. Arm straight out is a left turn; arm bent up at the elbow is a right turn; and arm bent down at the elbow is a stop.
- Avoid riding your bike at night. If you must ride at night, equip your bike with a good headlight and rear reflectors. Wear light-colored or reflective clothing so others can see you easily.
- Make sure you obey all traffic signs and signals. Stop completely at stop signs and always look both ways before starting out again.

The Sheriff explains that it's easy for children to get into a routine in traveling back and forth to school. However, he stresses that children should remind themselves — and be reminded by parents — that practicing safety every day can save them from serious injury. "Remember that a bicyclist is like a motorist" Sheriff Cahoon concludes. "You must be skilled like an automobile driver in handling the vehicle and should always be cautious when traveling the roads."

For more information contact the Hyde County Sheriffs Office at 252-926-3171.

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