

Scrambled Safety

INSTRUCTIONS: Unscramble the words below to read the safety tips for riding skateboards, skates AND scooters!

1. When **gnrdii** scooters, skateboards or skates you should ride on smooth, paved **cafesrus**. Never ride on the street **twih** cars.

2. Wear your **mehtel**, wrist **udasgr**, elbow and **eken** pads when riding skateboards, skates and scooters.

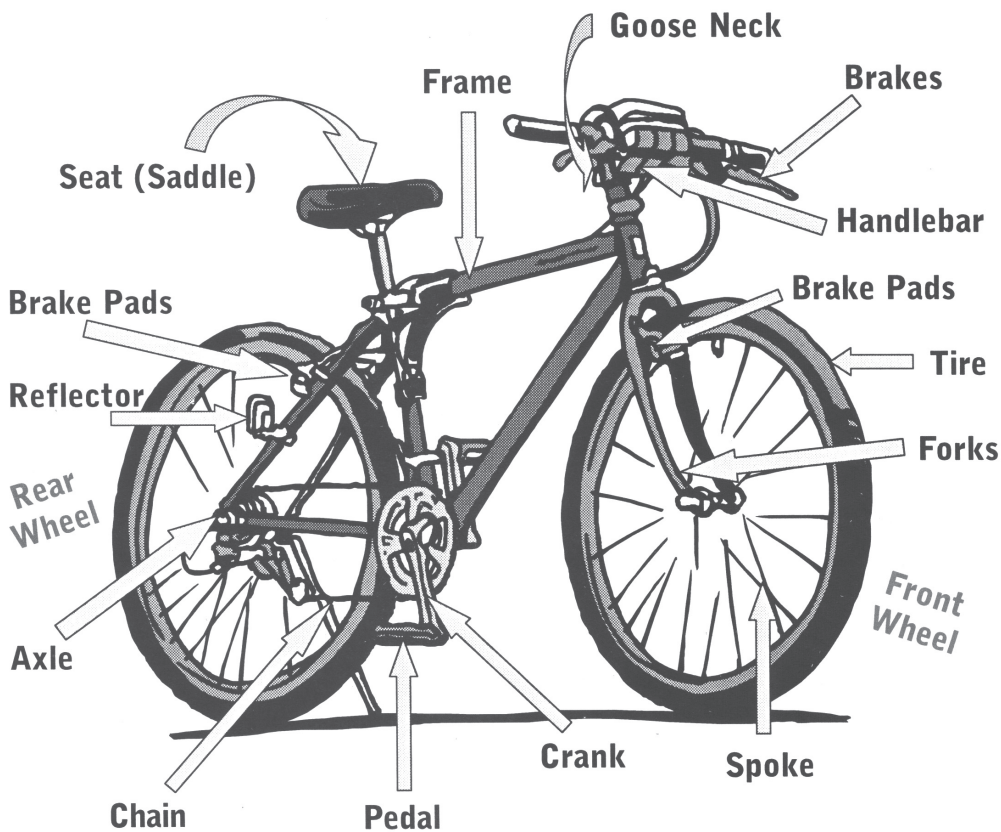
3. Before riding, you should **kecch** to be sure your skateboards, skates and scooters do not have **carkecd** wheels or any loose or **rebonk** parts.

4. **Venre** grab onto cars, trucks or **yilcescb** when on skates or a skateboard.

5. If you are losing your **cealnab** on a skateboard, you should crouch **wond** so that you will not have so far to fall. When **lafilgn**, roll into a ball.

6. You should not ride your skateboard, scooter or skates at night **ubesace** others **naotcn** see you **sylaie**.





Is Your Bike **Safe** to Ride?

Ask a grown-up to help check your bike regularly to be sure it is safe to ride.

BRAKES: Check to see that the brake pads fit against the rim. If they are worn, have a grown-up replace them. Be sure the cables are oiled so you can squeeze the brake levers easily. Also, keep your wheel rims clean and rust free so brakes work well.

CHAIN: Keep the chain clean and oiled especially after riding in wet weather.

GEARS: Check that all gears work properly. If they stick or slip, or if the

chain falls off while you shift, have a bike mechanic adjust them.

HANDLEBARS: Be sure the handlebars are not crooked or loose. You shouldn't be able to twist them back and forth when you hold the front wheel between your legs.

LIGHTS: Check the front and rear lights to see if they work. If not, check the bulb and batteries.

PEDALS: The pedals should be tight and spin smoothly.

SEAT: Be sure the seat is level, doesn't wobble and is fastened tightly. Also, be sure it is the right height for you.

SPOKES: Check to see that none of the spokes are loose, missing or broken.

TIRES: Check the tires often. Look for bulges, cuts, cracks or worn spots. Check to see if the tread is good. Be sure the valve stems are sticking straight up. The right amount of air pressure for the tire is printed on the

side of the tire. Put this amount of air in both tires by using a hand pump and a pressure gauge.

WHEELS: Spin the wheels. If they are bent, they will wobble back and forth. If they are wobbly, you won't be able to ride in a straight line and the brakes won't work well. Be sure the nuts and quick release levers are tight and secure.