



Ride Smart. Ride Safe. Ride Together.

Official Parent & Teen E-Bike Safety Guide

Prepared for community, school, and family use

1. Understanding the Law

Electric bicycles are governed by laws similar to bicycles and motor vehicles. Parents and teens should review and understand:

E-Bike Classifications

- **Class 1:** Pedal-assist only, up to 20 mph.
- **Class 2:** Throttle-assisted, up to 20 mph.
- **Class 3:** Pedal-assist up to 28 mph (often age-restricted).

Key Legal Requirements

- **Helmet required** for all teen riders.
- Follow **all traffic signs, signals, and right-of-way rules.**
- Ride in **bike lanes** when available.
- Know local restrictions on **where Class 2/3 bikes may ride.**

2. Safety Equipment: What Every Teen Needs

A safe ride starts before leaving the driveway.

Required Gear

- Certified bike helmet (snug fit, level on head).
- White **front light** and red **rear light.**
- Side and wheel reflectors.
- Visible clothing (bright colors recommended).
- Closed-toe athletic shoes.

Recommended Extras

- Gloves for grip + fall protection.
- Protective eyewear.
- Reflective vest or ankle straps for night riding.

3. Pre-Ride Equipment Inspection

Use this quick checklist before every ride:

The 30-Second Safety Check

- **Brakes:** Firm, responsive, not rubbing.
- **Tires:** Properly inflated, free of visible damage.
- **Battery:** Securely mounted and charged.
- **Lights:** Both working.
- **Chain & Drivetrain:** Moves smoothly, no grinding.
- **Bolts & Frame:** Nothing loose.

Parents are encouraged to inspect their teen's bike **weekly**.

4. Essential Riding Skills & Best Practices

Teens should ride with the same predictability expected of motorists.

Fundamental Skills

- Maintaining a straight line.
- Signaling before turns or stopping.
- Controlled braking and emergency stops.
- Checking over the shoulder without swerving.

Safe Riding Habits

- Ride **with** traffic.
- Stay out of car blind spots.
- Keep both hands on handlebars (except when signaling).
- Slow down in crowded areas.
- Yield to pedestrians.

5. Defensive Riding: Expect the Unexpected

E-bikes accelerate quickly and can surprise drivers.

Teach Teens to Look for Hazards:

- Cars backing out of driveways.
- Parked car doors opening.
- Pedestrians stepping into bike lanes.
- Wet leaves, gravel, or potholes.
- Cars turning across bike lanes.

Give Teens This Rule:

Never ride faster than you can safely stop within the distance you can see.

6. Zero Distractions Policy

A distracted rider is as vulnerable as a distracted driver.

Non-negotiable Rules

- No texting or holding the phone.
- No earbuds that block ambient sound.
- No taking videos while riding.
- No riding when overly tired or upset.

7. Weather, Visibility & Night Riding

Low-Light Conditions Require:

- Front white light (steady or flashing).
- Rear red light.
- Reflectors on wheels + pedals.
- Bright or reflective clothing.

Weather Precautions:

- Avoid riding in heavy rain or fog until experienced.
- Braking distance increases on wet surfaces.
- Cold weather reduces battery range.

8. Parent Expectations & Communication Plan

A clear agreement between teen and parent leads to safer habits.

Family Riding Rules (Recommended):

- Maximum speed set by parent.
- Approved routes only.
- Teen must text “leaving” and “arrived” for longer rides.
- Location sharing on (optional).
- No riding after dark without parent permission.

9. The Ride Smart Ride Safe Pledge

Teen Commitment:

I commit to... - Keep speed under control. - Stay alert and distraction-free. - Follow traffic laws every ride. - Inspect my bike before riding. - Stay visible and ride predictably. - Ride defensively and watch for hazards. - Indicate every turn and stop. - Show courtesy to all road users. - Expect the unexpected.

Signatures

Parent: _____ Date: _____ Teen: _____ Date: _____

10. Quick Reference: Garage Checklist (Print & Post)

- Helmet on + strapped
- Lights on
- Brakes firm
- Tires inflated
- Battery secure
- Route known
- Phone away