



# 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.

#### 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

#### 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

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

Teens should 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.

## 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