



Ride Smart. Ride Safe. Ride Together.

Official Parent & Teen E-Bike Safety Guide

Prepared for community, school, and family use
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www.safe-ebike.com

1. Understanding the Law

Electric bicycles are governed by laws similar to those of 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 – 16 + only

Key Legal Requirements

Helmet required for all

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.



Obey all
traffic laws

2. Pre-Ride Equipment Inspection: The 30–Second Safety Check

Brakes: Firm, responsive, not rubbing.

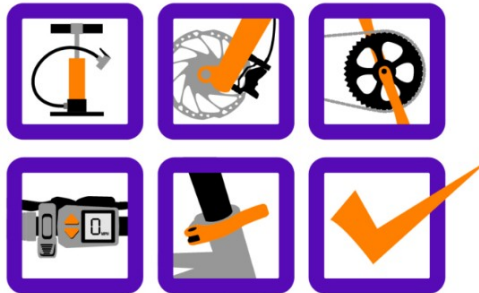
Tires: Properly inflated, free of visible damage.

Battery: Securely mounted and charged.

Lights: Both working.

Chain & Drivetrain: Moves smoothly, no grinding.

Bolts & Frame: Nothing loose.



3. 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.



WEAR A
HELMET

4. See and Be Seen

Normal or Low-Light

Front white light (steady or flashing).

Rear red light.

Reflectors on wheels + pedals.

Bright or reflective clothing.

Weather or Night Precautions:

Avoid riding in heavy rain or fog until experienced.

Braking distance increases on wet surfaces.

Cold weather reduces battery range.



Stay Visible:
wear bright, reflective
clothing, and use your
bike lights.

5. 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.



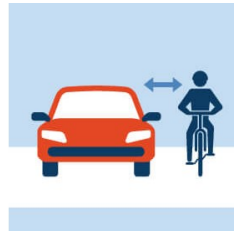
Ride Predictably: obey road signs, ride with traffic, and signal turns and stops.

6. Defensive Riding: Expect the Unexpected

E-bikes accelerate quickly and can surprise drivers.

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.



Be alert and pay attention to vehicles



Be Courteous: slow down near others, signal your pass, and always yield to people walking.*

Adopt a Safe Speed:

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



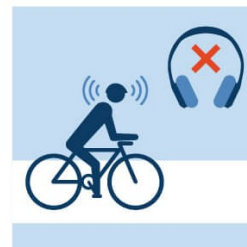
Control your Speed: follow speed limits, stay alert, and don't push past your limits.

7. 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.



Avoid distractions

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

