

# NORTH KANSAS CITY POLICE DEPARTMENT

## COPPS Unit – Community Oriented Policing and Problem Solving

2010 Howell Street, North Kansas City, MO 64116 | 816.274.6013

### Bicycle, Skateboard and Roller Blade Safety

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While riding a bicycle on city streets you are subject to the same traffic laws as a vehicle. Stop at all stop signs/lights, ride on the right side of the road and don't go the wrong way down a one way street. You should always wear a helmet and be defensive in your driving. Never assume the driver of a car can see you.

Bicycles are not allowed on the walking trail around Macken Park and no bicycles are allowed on the sidewalk in the downtown area. If you are riding a bicycle or skateboard on a sidewalk, not in the downtown area, move out of the way of walkers. They have the right of way.

Skateboarding is not allowed on any street in North Kansas City. If you are on private property, doing stunts, be sure you have permission from the owner of the property.

**North Kansas City has great streets for biking and skating. Have fun, but be safe and abide by the laws!**

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#### Buying the Right Bicycle

It is important to ride a bike that is the right size. In addition, consider the following recommendations:

- The bicycle should not be too big or complicated
- You should be able to place the balls of your feet on the ground when sitting on the seat
- The bicycle should have a bell or horn and reflectors.

#### Buying the Right Helmet

Although helmets can cost between \$13 and \$50, they can save money by possibly preventing a visit to the emergency room. When shopping for a helmet, make sure it meets the following requirements:

- The helmet should be approved by the American National Standards Institute (ANSI), the American Society for Testing and Materials (ASTM), the US Consumer Product Safety Commission (CPSC). Approved helmets meet stringent safety standards.
- The helmet should fit your head so that when the straps are snug, the helmet does not move around the head.

Some helmets are multi-sport, which can be used for in-line-skating, skateboarding, bicycling, or other wheel sports. Helmets that specifically are called "bicycle helmets" are designed only for that sport. Helmets come in many sizes and varieties, including many infant sizes.

#### Proper Helmet Wear

Helmets come with sponge pads that adjust to fit the head. A properly-fitted helmet should meet the following requirements:

- The helmet should fit snug, not moving on the head.
- The front edge of the helmet should be two finger widths above the eyebrows.
- Front and back straps of the helmet should form a V just below the ear.
- Front straps should be vertical and the rear straps should be flat.
- The chin strap should be snug when you open your mouth (one finger should fit between the chin and chin strap when the mouth is closed).

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#### Bicycle Safety Tips and Road Rules:

Consider the following traffic and road rules:

- Make sure your bike has reflectors
- Carry identification with you
- Don't ride double if your bicycle does not have a seat for a second person
- Beware of parked cars
- Signal before turning
- Don't wear headphones
- Mark your bicycle for identification and keep a photo and record of
- Stop before riding into traffic from a driveway, sidewalk, parking lot, or other street
- Look left, right, and left again to check for cars
- If the road is clear, enter
- Ride on the far right of the road, with traffic
- Ride so cars can see you, wearing brightly colored clothes, especially at night
- Obey all traffic signals and stop signs
- Look back and yield to traffic coming from behind before turning left
- Ride bicycles in single file
- Look for uneven pavement or other surface problems

#### Skateboards Safety Tips:

Skateboards should never be used on surface streets. Even experienced skateboarders can fall, so learning how to fall safely can help reduce the risk of severe injuries. The following are recommendations from the National Safety Council about how to fall correctly:

- When losing your balance, crouch down on the skateboard so your fall is short.
- Try to land on fleshy parts of your body when falling.
- Try to roll as you fall, which prevents your arms from absorbing all the force.
- Try to relax, rather than remaining stiff when falling.
- When riding a skateboard, all traffic rules should be obeyed.
- Wear protective gear such as helmets, padding, and closed-toe and slip-resistant shoes.
- Check the skateboard for wear and tear.
- Only allow one person per skateboard.
- Do not hitch rides from bicycles, cars, or other vehicles.
- Carefully practice tricks in designated skateboarding areas.

#### In-Line Skates Safety Tips:

Even experienced in-line skaters can crash and sustain injuries. The following recommendations were derived from the National Safety Council and the US Consumer Product Safety Commission (CPSC):

- Always wear protective gear, such as elbow and kneepads, gloves, helmets, and wrist guards.
- Buy durable skates with proper ankle support.
- Always warm up your muscles before skating by skating slowly for five minutes or more.
- Skate with knees slightly bent to maintain balance.
- Practice stopping, which is done by bringing the foot with the heelstop forward until the heelstop is level with the toes of the other foot, bend the front knee, and lift the front foot's toes.
- Always skate on the right side of sidewalks and other paths.
- Pass on the left and warn others that you are passing.
- Avoid skating in the street, especially where there is a lot of traffic.
- Look for uneven pavement or other surface problems.
- Check your skates regularly for wear and tear. Make sure the wheels are tightened.

Please feel free to contact a COPPS officer with any questions or concerns: [COPPS@nkc.org](mailto:COPPS@nkc.org)