

Club Live Pedestrian and Bicycle Safety Newsletter

Spring is upon us and as we all adjust to this new normal, it is important to keep our bodies healthy. Taking the family out for a bike ride around your neighborhood is a great way to exercise, take in some fresh air and get a “brain break” from online schooling and working from home.



May is National Bike Safety month! Naomi Harper, bike safety specialist and manager of the PowerBIKE Program at Will Rogers Middle School, gives us her top five on bike safety:

- Make sure you wear a [properly fitted helmet](#).
- Confirm that your bike is the [right size for you](#).
- Use the ABC rule (check Air Pressure, Breaks, Chains) to ensure your bike is fully operational.
- See and be seen: Make yourself visible to cars and pedestrians by wearing bright colored clothing or reflective gear and using a bike light if riding at night. Make sure you are seeing the cars and pedestrians around you while riding.
- Be alert and aware! Don't use headphones or text while riding or crossing the street.

We are proud to partner with Safety Center, Inc. to promote Bike and Pedestrian Safety throughout Sacramento County. Although we can't gather for events to share information and tips, Safety Center, Inc. and Club Live are bringing the information to you! Here are ways to access Bike and Pedestrian safety information online:

Club Live Instagram: [sac_fnl_cl](#)

Club Live Facebook: [Sacramento Friday Night Live](#)

Parents can find lessons, activities, stories, and tips for families to learn about safe walking and bicycling through the following links:

[Elementary School Children](#)

[Middle School Youth](#)

Stay safe and stay healthy!