

# Bicycle Safety

## BICYCLE GUIDELINES

The operation of a bicycle in Metro Louisville is governed by state and local regulations. The list below summarizes these regulations; go to <https://louisvilleky.gov/government/bike-louisville/bike-laws> for more information:

### ■ State regulations

- Bicycles are considered vehicles and are subject to all regulations of other vehicles, including stopping at all stop signs / red lights and signaling turns.
- A red rear reflector or light must be used at all times. At night and when it is darker than usual (i.e. overcast), a front light and a rear red light must be used.
- A shout, bell, or horn must be used when approaching a pedestrian or other bicycle.

### ■ Local regulations

- Children and teens under age 18 must wear a helmet when riding in any Metro Park.
- No one over age 11 can operate a bicycle on a sidewalk; no one can bike on a sidewalk downtown.
- Children are allowed to ride as passengers on a bike only if certain conditions are met.

## BIKE HELMET USE

### ■ Recommendations for toddlers and children:

- Parents must insist on using bike helmets for every ride and set a good example.
- Children should use a helmet on ride-on toys, bicycles, tricycles, skates, and scooters.
- Children under age 10 should not ride on streets without an adult. After age 10, parents must teach children to follow the same laws as car drivers and make sure they have the skills and judgment to cope with traffic before allowing them to ride on the street.

### ■ For proper bike helmet fit:

- Use a helmet that meets Consumer Product Safety Commission standards.
- Helmet should fit snugly with as little soft padding as possible.
- Helmet should be level front-to-back and side-to-side.
- Side straps should form a V and be snug when positioned just below the earlobe.
- Buckle strap should be snug under the chin, allowing just one finger to slide under it.

