YOUR LOCAL NEWS FOR MORE THAN 100 YEARS



If I was giving advice to someone riding a bike I would say they should have a helmet. They should look where they are going. If they are starting as a child they may need training wheels. They should get the right size because they need to get to the pedals to steer the bike.

Olivia Bishop, 2nd, Rock Springs Elementary, Mrs. Charlton

Do you have some tips on how to stay safe? Well, if you don't then here are some. Put on a helmet, knee pads, and elbow pads. Make sure to watch what you are doing so you don't hit anything or anyone. If you do all of that then you will stay safe! Jayden Boatwright, 5th, Shoemaker Elementary, Ms. Garrett

Here are three ways you could be safe while you are riding a bike, scooter, or skateboard. One way is to always wear pads, such as knee pads, elbow pads, and a helmet. These will help prevent minor or even bad injuries. Another way is to have a parent or guardian watch you ride so, that way if you do get hurt your parent or guardian could help you. The last way is to check the weather. This will tell you if the roads or whatever you ride on are going to be wet or unsafe. Those are three safety tips that I think you should follow when you are out riding.

Keaton Burton, 4th, Miller Perry Elementary, Ms. Jeffers

When riding a bike, scooter, or skateboard, you should always wear a helmet to protect your head, brain, and neck. Wearing a helmet could reduce your risk of head injury plus you're setting a good example for your children and others. You should also make sure your helmet is a snug fit. If you can push it back and forth or sideways on your head, then it's too big. You should also wear knee and elbow pads to protect yourself from falls. Wearing brightlycolored clothes helps other riders, pedestrians, and drivers to see you when you're out. If you're riding a bike at night, make sure your bike has safety reflectors on the front, rear, and wheel spokes. It's probably not a good idea to ride a scooter or skateboard at night. Furthermore, scooters and skateboards should never be ridden in the street because it's just too dangerous. Abigail Childress, 8th, Surgoinsville Middle, Mrs. Hensley

One safety tip for riding a bike, scooter, or skateboard would be to always use protective gear like helmets, wrist guards, and knee guards. The second safety tip would be to always have an adult around while riding a bike, scooter, or skateboard, until you are at least maybe 10 years old. The third safety tip that is definitely important to know is to look carefully at the riding environment to decide whether or not it's safe to ride. Those are three safety tips that I would use while riding a bike, scooter, or skateboard. Jordan Colley, 8th, Surgoinsville Middle, Mrs. Hensley

These are some safety tips for riding your bike, scooter, and skateboard. First tip is for all of them, wear your helmet; it can save you from getting hurt. The next tip is also for all of them, always have a parent around they can help you up if you do get hurt. Last rule is for bikers only, always bike in the bikers' lane. In conclusion, these are some safety tips.

Carter Harris, 4th, Miller Perry Elementary, Ms. Jeffers



Share your safety tips for riding a bike, scooter, or skateboard.

Hey, do you ride anything like a bike, scooter, or a skateboard? Because if you do, here are five safety tips. My first safety tip is to always wear a helmet, knee pads and elbow pads and for a skateboard, some wrist guards. My second safety tip is to always watch where you are going. My third safety tip is to always let things come naturally, I learned that the hard way. My fourth safety tip is to always watch which lane you are in if you are riding on the road. My fifth safety tip is to never be a show-off. In conclusion, always be as safe as you can be.

Tanner Hunter. 4th. Miller Perry Elementary. Ms. Jeffers

Some useful ways to stay safe on a bike...First, stay on sidewalks so you won't get run over. Second, use a helmet to protect your head. Third, use knee pads to protect your knees. Last, those are different ways to stay safe on a bike!

Jonathan King, 4th, Miller Perry Elementary, Ms. Jeffers

These are some tips for riding a bike. One of the tips is to have a helmet, knee pads, and elbow pads. Make sure you ride in a safe place. Ride with a friend in case you get hurt. These are some safety tips for bike riding. Deaven Lawson, 2nd, Hilton Elementary, Ms, Edwards

I think safety is important. The most safety should be used on skateboards. A safety tip I would give is always wear a helmet because it protects you. Another safety tip is always be careful not to run into anybody. The last safety tip is always wear shoulder and knee pads. No one wants a hurt elbow. Cole Ratliff, 2nd, Hilton Elementary, Ms. Edward

Some safety tips for riding a bike are always wear a helmet, always look straight forward, and always look at your surroundings. These are some tips I would give.

Jack Ricketts, 2nd, Rock Springs Elementary, Mrs. Charlton

The safety tips I would give for riding a bike, scooter, or skateboard would be to wear a helmet and knee pads so you don't get hurt or break a few bones or get scrapes. Have a flashlight or headlamp of some kind so you don't run into anything. My third tip is to check your tires before you go out on a bike or scooter. Keaton Robinson, 8th, Surgoinsville Middle, Mrs. Hensley

I ride a scooter so I can give you some safety tips about a scooter. If you don't have a helmet, knee pads, and shoulder pads then you need to get some because they help a lot! Don't try to look cool by doing a trick unless you know you can do it because it will get you injured. There are more tips to riding a scooter but that's all you need to know.

Elliott Smith, 4th, Miller Perry Elementary, Ms. Jeffers

Have you ever ridden a bike or scooter and got hurt? I know I have. If you follow these three tips I guarantee you won't hurt yourself. Tip one - wear a helmet, so if you fall off you won't bang your head on the ground. Tip two - if you're riding in the dark, have a light around you or your bike/scooter so if a car is coming you will not get hit. Tip three - tie your shoe. I know that sounds a bit cuckoo but once my shoe was untied and I was going downhill. It got caught in the wheel so I couldn't steer. You guess what happened next. I will tell you one thing, I GOT HURT. Just remember these three things and you will be safe and never get hurt again. Campbell Skinner, 4th, Miller Perry Elementary, Ms. Jeffers

There are many safety tips for bike riding, scooter riding, and skateboarding. The three main ones are that you need to have a safe place to ride, you need the proper safety gear, and you need good equipment that will not break or injure you. The first reason is that you need a proper place to ride. This is because you don't want bumps in the road causing you to lose control and injure yourself. You need the proper safety equipment so that if you do fall, you will not hurt the important parts of your body. The final reason is you need good equipment. You don't want to use bad boards that will break easily causing injuries to your legs or possibly making you fall off.

Peyton Taylor, 8th, Surgoinsville Middle, Mrs. Hensley

If you're going outside to ride a bike, scooter, or skateboard, always remember to wear your helmet, and don't ride in the road. Always have a form of communication through either cell phone or have someone watch you in case you crash. If you do ride in the road, make sure you ride on the correct side of the road.

Lucas Way, 8th, Surgoinsville Middle, Mrs. Hensley

When riding a bike, three tips to stay safe are as follows: first, wear a helmet. This one is obvious but a lot of people don't wear helmets, and if you wreck and land on your face, you're going to regret not having that helmet. Secondly, control your speed going down a hill. This tip should be obvious, but if you go too fast downhill, you're going to lose control and flip. Last but not least, don't ride with someone on the back of your bike as it makes it harder to control and isn't safe.

Caeden Webb, 8th, Surgoinsville Middle, Mrs. Hensley

Some safety tips for riding a scooter are to always have knee pads, elbow pads, and a safety helmet. You will need these things so you don't hurt yourself. If you hurt yourself, you will cry and have to get a Band-Aid. If you get hurt really bad you will have to go to the hospital. These are some safety tips you might need. Kyla Young, 2nd, Hilton Elementary, Ms. Edwards

THANK YOU KINGSPORT TIMES NEWS 2019 - 2020 NIE SPONSORS!

DIAMOND

EASTMAN

PLATINUM

EASTMAN

CREDIT UNION

<u>SILVER</u> DOMTAR **HOLSTON MEDICAL GROUP JA STREET & ASSOCIATES**

BRONZE

CENTURY 21 LEGACY Colonial Heights CHAMPION CHEVROLET CADILLAC CITIZENS BANK POWELL VALLEY NATIONAL BANK **RODEFER MOSS & CO, PLLC GERRY WEATHERLY**