



Bicycle Safety Promotion Logo

For elementary school children and their parents/guardians

Bicycles are now also subject to enforcement of traffic laws

Are you riding your bicycle safely?

Let's ride to the shop on our bicycles.

Check off all the rules you followed!

START
1

Check the seat height and brakes with an adult.



2

Always wear a helmet.

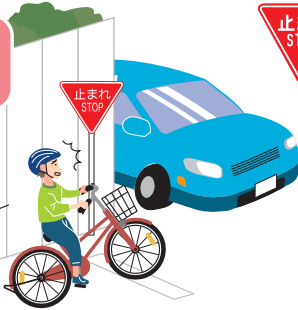
A helmet will protect your head if you fall or run into something.



4

Don't forget to stop and check for safety.

Check safety to your left, right, and behind you!

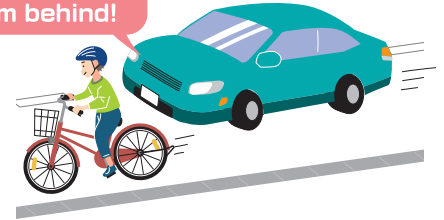


止まれ STOP
Always stop at this road sign and check for safety around you.

3

Ride on the left side of the road when there is no sidewalk.

Watch out for cars coming from behind!



5

On the sidewalk, watch out for pedestrians and ride slowly on the side next to the road.



6

Arrived at the shop! Park your bicycle in the designated area.



7

At intersections with poor visibility, always stop and check left and right for safety.

Watch out for sudden movement!



GOAL

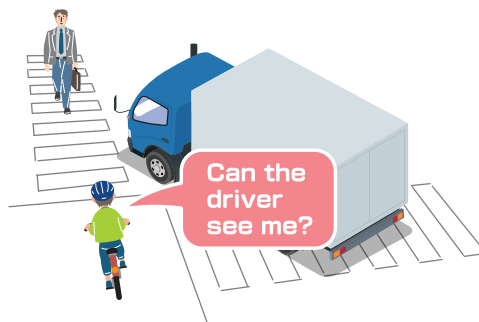
10

Lock your bicycle once you are back home.



9

At intersections, watch out for turning vehicles.



Can the driver see me?

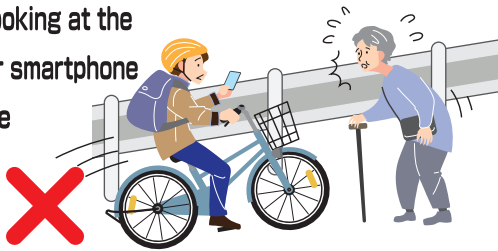
8

Always obey traffic lights. When the light turns green, look to your right, left, and back right, and if it is safe, cross the road.



Never do this! Don't let others do this!

Riding while looking at the screen of your smartphone or other device



Riding side by side
Riding with a passenger



Riding with an umbrella opened



Riding while wearing earphones or headphones that prevent you from hearing the sounds around you



For parents/guardians

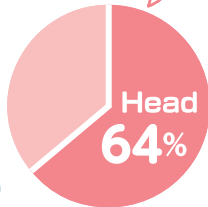
Wear a helmet

- All persons riding a bicycle must endeavor to wear a helmet. (Road Traffic Act, Article 63-11)(Tokyo Metropolitan Ordinance on the Promotion of the Safe and Appropriate Use of Bicycles, Article 19)
- Your **risk of fatality** is about **1.8 times higher*** without a helmet than when wearing one.

*Metropolitan Police Department statistics (2020-2024)



Head injuries can be fatal!



Metropolitan Police Department statistics (2020-2024)

It is mandatory for bicycle users to take out liability insurance for accidents while using a bicycle!

In a bicycle accident, not only the rider but also another person could be injured. As a precaution, all bicycle users are required to take out accident insurance for liability coverage in the event of death or bodily injury to a third party caused when using a bicycle. When a minor uses a bicycle, the parent or guardian must take out accident insurance for liability coverage. (Tokyo Metropolitan Ordinance on the Promotion of the Safe and Appropriate Use of Bicycles, Articles 27 & 27-2)

In some cases, parents have faced compensation claims of around **¥95 million** for bicycle accidents caused by minors. Check here for details on bicycle insurance ▶



Teach your children the rules for riding bicycles

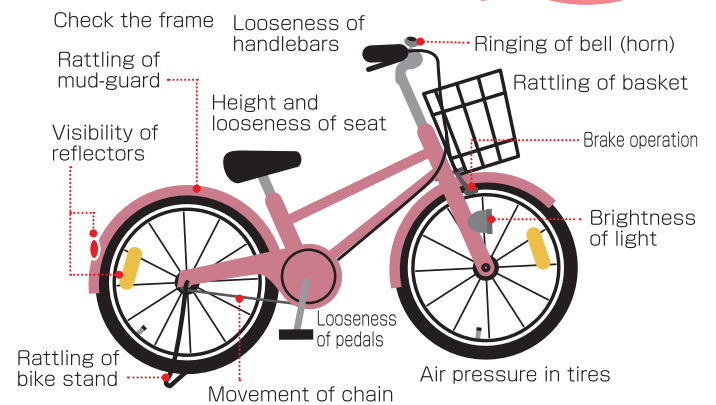
Parents or guardians must strive to ensure that minors under their care acquire the necessary skills and knowledge needed to ride bicycles safely and properly. (Tokyo Metropolitan Ordinance on the Promotion of the Safe and Appropriate Use of Bicycles, Article 15-1)



Inspection & maintenance

Check and maintain your bicycle on a daily basis. Also, have your bicycle checked and maintained once a year at the bicycle shop.

Check each part!



Traffic Infraction Notification Procedure for bicycles comes into effect on April 1, 2026

Certain violations committed by bicycle riders (aged 16 or older) are subject to the Traffic Infraction Notification Procedure.

Let's review the rules!

Read it with your family!

TOKYO Bicycle Rulebook

Traffic rules clearly explained with illustrations and graphs.



Have fun learning on your smartphone!

TOKYO Bicycle Safety Learning App "Rin-toré"

Try a virtual bicycle ride to train your hazard prediction skills.



When riding a bicycle, avoid dangerous riding behavior and pay close attention to the movements of vehicles beside and behind you.

The Tokyo Metropolitan Ordinance on the Promotion of the Safe and Appropriate Use of Bicycles stipulates provisions such as having bicycle liability insurance and wearing a helmet. Issued March 2026 Leaflet promoting and raising public awareness regarding safe use of bicycles

Edited and issued by Tokyo Metropolitan Government Inquiries: 03-5388-3123

