

# BICYCLE SAFETY



## PLAN AHEAD

- Plan your route and make sure that someone knows where you are going and when to expect you back.
- When selecting your route, know your limitations. Do not put yourself in danger by choosing terrain that is out of your skill level.
- Be familiar with your route. Be aware of the locations of police stations and hospitals.
- If possible, take a cell phone in case of emergency.
- Carry identification with you.
- Always wear a helmet.
- Wear light or reflective clothing, especially at night.
- Make sure that your bicycle is in good working condition before you head out.
- Bicycles must be equipped with a white headlight, red tail light or reflector, and side reflectors when it is dark outside (30 minutes after sunset - 30 minutes before sunrise).

## WHILE YOU ARE OUT

- Stay alert and aware of your surroundings no matter where you are. Don't wear headphones as they prevent you from hearing your surroundings.
- Be aware of the conditions around you; keep your eyes open for changing road conditions such as slick patches or uneven terrain.
- Be ready to brake at any time.
- Always trust your instincts. If people or locations are making you uneasy, leave or stay away.
- Stay in well-lit areas and on heavily traveled streets. Avoid routes that take you through parking lots, alleys, or other dark vacant areas.

## KNOW THE RULES OF THE ROAD

- Bicycles are considered a vehicle on the road and must obey all traffic signals and signs. They must also follow all lane markings, i.e. do not go straight through a right-turn-only lane.
- Do not ride against traffic.
- Do not weave in between cars and do not pass on the right, cars do not expect it and frequently will not be looking for it.
- Be aware of the traffic around you; listen for approaching cars and check over your shoulder from time to time.
- Use appropriate hand signals when turning.
- There are two ways to make a left turn, either like a car or like a pedestrian. Whichever left turn you choose, make sure to follow the rules associated with it (follow posted signs and street signals).
- Bicycles must yield to pedestrians.
- Make eye contact with drivers. If you do not make eye contact, you cannot assume that a driver sees you.
- Stay as far to the right of the road as practical unless passing, turning left, traveling straight when a right-turn-only lane is present, or if the road is too narrow to do otherwise.
- Never ride with more than two bicycles side by side when traveling on the road. If on the sidewalk, bicycles must travel single file.

### Bicycle Hand Signals:

