

BICYCLE SAFETY TIPS

FOLLOW THE RULES OF THE ROAD:

- 1.** Always obey traffic signs and signals. They apply to bicyclists, just as they apply to motorists.
- 2.** Ride on the RIGHT with the flow of traffic. Never ride against traffic.
- 3.** Before turning, use arm signals to let others know where you plan to go, and look for a safe opening.
- 4.** Bicyclists may ride on nearly all roadways (except most freeways and some bridges). Where a bike lane (a striped, signed shoulder) exists, ride in that space (except to make turns, to pass a slower vehicle, or to avoid hazards). Where no bike lane exists, ride in the right shoulder of the right-most lane in your direction. If the lane is too narrow for a motorist to safely pass, take the full lane.
- 5.** Do not pass on the right of motorists or other bicyclists – they may not see you. Pass on the left, after signaling and looking for a safe opening.
- 6.** When turning left choose one of two ways: (1) Like a motorist: signal, look for a safe opening, move into the left turn lane, and turn left, (2) Like a pedestrian: ride straight to the far side crosswalk, get off your bike, wait for the pedestrian signal and walk your bike across when it is safe.

CHECK YOUR BIKE AND USE SAFETY GEAR:

- 7.** Always wear a helmet to protect your head. Adjust your helmet so that it fits snugly and sits forward on your head, protecting your forehead.
- 8.** Always ride a bike properly sized and fitted to your body. Any bike shop can help with adjustments.
- 9.** Check brakes and tires regularly.
- 10.** Wear bright, light colored clothes that make you more visible.

- 11.** When bicycling at night always use a headlight, taillight or rear reflector, pedal reflectors and reflectors on both sides of each wheel. Most new bikes come standard with the reflectors, but not the headlight. Headlights may be purchased at any bicycle shop.

DEVELOP SAFE CYCLING HABITS:

- 12.** Ride predictably and consistently. Do not make sudden turns or weave between cars.
- 13.** Make it a habit to scan the road behind you as you are riding. Practice in an empty parking lot to improve balance and confidence.
- 14.** Ride with both hands ready to brake and allow extra distance when stopping in the rain since brakes are less efficient when wet.
- 15.** Watch out for cars turning into your path, cars pulling into or out of driveways, and parked car doors opening in your path.
- 16.** Watch out for road hazards like sewer grates, gravel, ice or potholes.
- 17.** When crossing railroad tracks cross at right angles.
- 18.** Do not carry passengers (except on approved baby seats).

FOR MORE BICYCLIST SAFETY TIPS FOR CHILDREN, VISIT THESE SITES:

National Center for Safe Routes to School: [Bike Safety Resources](#)

National Highway Transportation Safety Administration: [Kids and Bicycle Safety](#)