

# BIKE

# SAFETY

## BEFORE GETTING STARTED

- Always wear a properly fitting helmet, no matter how short the trip



### CORRECT FIT:

The helmet must cover most of the forehead sitting close to the brow



### INCORRECT FIT:

Wearing the helmet tilted back does not provide adequate protection to the crown of the head, the most common type of head impact

## SHARING THE ROAD

- The same laws that apply to motorists apply to cyclists
- Obey all traffic control devices
- Use hand signals to indicate stops and turns to other users



Right turn



Alternate right turn



Left turn



Stop or slow

### Ride on the Right

- Always ride in the same direction as traffic
- Use the furthest right lane that heads to your destination
- Ride at least 3 feet from parked cars to avoid being hit by opening doors

### Ride Predictably

- Ride in a straight line
- Don't swerve in the road or between parked cars
- Check for traffic before entering street or intersection
- Anticipate hazards and adjust your position accordingly

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Reflective clothing



Headlight



Safety Lights



Flare Safety Strap

### Be Visible

- Wear brightly colored clothing or reflective material that provides contrast
- Use a white front light and a red rear light in low light conditions
- Always use a reflector
- Announce yourself by making eye contact with motorists

### Obey, Obey, Obey

- Cyclists, just like motorists, must obey all traffic control devices
- It takes longer to travel through an intersection on bike; plan to stop for yellow lights
- Avoid cars that run red lights by waiting for the signal to turn green and scan to make sure it's clear
- Detectors use magnetic forces to pick up vehicles, not weight

**If a signal is unresponsive** in most states, after three minutes, you can treat a red light as a stop sign

- Pass through a red light only as a last resort
- Yield to other vehicles while crossing the roadway

## SHARING THE PATH

- Respect others on the trail and be sure to yield to slower users

**Do not block the trail, if you are riding with a group** plan to regroup completely off of the trail

### Keep right

- Stay as close to the right as possible, except when passing
- Give yourself enough room to maneuver around any hazards
- Ride single file to avoid possible collisions with other trail users

### Pass on left

- Scan ahead and behind before announcing your intention to pass another user
- Pull out only when you are sure the lane is clear
- Clearly announce "On your left" when passing
- Use a bell, horn or voice to indicate your intention to pass
- Warn others well in advance so you do not startle them
- Allow plenty of room, about two bike lengths, before moving back to the right



### Use lights at night

- Most trail users will not have lights at night; use a white front and red rear light
- Watch for walkers as you will overtake them the fastest
- Reflective clothing does not help in the absence of light

