1. Always ride with a helmet.
   Why?
   □ It's the law. □ Anytime you fall off a bike a serious head injury can occur.
   □ Messy hair is better than a messed up head!

2. Ride in the same direction as motor vehicles.
   Why?
   □ It's the law. □ Head-on accidents with cars can happen when riding facing traffic. □ Right-turning motorist do not expect a cyclist coming from their right. □ It is dangerous for other cyclists when you ride in the wrong direction.

3. Ride at night with a light!
   Why?
   □ It's the law. □ Motorists will be able to see you. □ You can see and avoid hazards in the street.

4. Obey stop signs and red lights.
   Why?
   □ It's the law. □ It's the safe way to ride. □ It's what motorists expect you to do.

5. Be alert - ride defensively.
   Why?
   □ You will be able to avoid car doors opening into the street; motorists crossing in front of you; and hazards in the road.

6. Be careful at intersections.
   Why?
   □ Most accidents occur at intersections. □ Accidents can be avoided if you are paying attention.

Other tips

□ Be sure your helmet is level and straps are tight.
□ Ride predictably, so motorists know what to expect from you.
□ Don't turn left from the right-hand edge of the road. Merge to the left side of the lane when it is safe to do so.
□ Don't carry passengers unless in a child seat.
□ Ride with your hands on the handlebars so that you can stop quickly and avoid hazards.
□ Ride the same direction as motor vehicles when riding in bicycle lanes.
□ Establish eye-contact with motorists especially at intersections.
□ Cross railroad tracks at right angles to avoid getting thrown off your bike.
□ Don't ride with headphones. It is illegal and unsafe.
□ Sidewalks are for walking, and are unsafe for bicycling.

Have fun, but be safe and follow the same "rules of the road" as motorists.

Be equipped for safety

□ Good brakes
□ Reflectors
□ Bright clothing
□ Rear-view mirror
□ Headlight & rear flasher
□ Cable & lock