

Please be Safe on Your Bike

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 motorists 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