



SAFETY

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BECAUSE bicycles are smaller and slower than motor vehicles, cyclists need to be more alert than drivers.

Don't assume that motorists or pedestrians can see you. Cyclists need to communicate and negotiate with other vehicles. Using hand signals, making eye contact, smiling, waving – just being courteous – all help keep the roads and trails safe for everyone.



Bicycle Safety Rules.

Wear a Helmet. It's just good sense. Helmets can prevent head injuries, the primary cause of death and disability from cycling accidents. They also may increase rider visibility. Today's helmets are lightweight, comfortable, strong and better looking than before. There are lots of styles from which to choose – helmets are becoming a fashion statement! A helmet is as much a part of bicycles as the handlebars and tires. Include the gift of a helmet with your gift of a bike.

Follow the Rules of the Road. Bicyclists must obey all traffic laws that apply to motor vehicles. For example, cyclists should always ride with traffic. Be aware that county and town ordinances may vary. For instance, many communities require both front and rear lights on bicycles to improve visibility at night. Contact your local government or bike club for more information.

Be Visible. Cyclists must take responsibility for being visible to motorists, pedestrians or other cyclists. There are numerous ways to enhance your visibility. Wear light-colored clothing: fluorescent colors such as bright orange, lime green, or yellow are excellent. Try not to ride at night, but if you must, wear special clothing made from reflective materials. Retro-reflective vests, jackets, wristbands and triangular patches all increase rider visibility. Remember that wearing bright clothing is not enough. You'll also need one light source, such as a bright headlight, supplemented by bicycle reflectors specified by the Consumer Product Safety Commission (CPSC). A red taillight will also increase your visibility.

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OHSSO

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Don't assume that motorists or pedestrians can see you. Cyclists must be more alert than drivers.



Share the Road.

- Make eye contact, smile or wave to communicate to motorists. Courtesy and predictability are keys in safe cycling.
- Be aware of pedestrians and other vehicles. Learn to anticipate their actions.
- Ride far enough from the curb to avoid the unexpected from parked cars.
- Keep control of your bicycle; be able to look behind you and ride with one hand while signaling.
- Always check behind you before changing lanes.
- Be aware of potential hazards like road litter, potholes, gravel and storm grates.
- Make sure that books, clothes and other items are securely attached to the bicycle or carried in a backpack.
- Use bells or horns to alert pedestrians and vehicles.

WEAR A HELMET.

Everyone should wear a helmet every time, no matter how short the ride. Your helmet should fit correctly and meet safety standards set by the Snell Memorial Foundation for the American National Standards Institute (ANSI).



Follow the Rules of the Road.

- Know your local traffic laws.
- Obey traffic lights, signs, speed limits and lane markings.
- Cycle single file and on the right side of the road (with traffic).
- Signal in advance of a turn; use correct hand signals.
- Yield to pedestrians; yield to other vehicles, as appropriate.
- Make sure your bicycle is the proper size and is safety maintained.
- Never wear headphones; they hinder your ability to hear traffic.
- Wear bright-colored clothing (fluorescent colors are particularly good.)
- If you ride at night, wear light-colored clothing and retro-reflective triangular patches and wristbands.
- Equip your bicycle with reflectors on the front and rear. The rear reflector should be red and at least three inches across, pointed straight back to reflect the headlights of vehicles at least 600 feet away.
- Attach bicycle reflectors to the pedals and wheels. Wheel reflectors can include retro-reflective spokes, cranks and wheel rims.
- Use a bright, white headlight, preferably one that makes you visible to drivers 500 feet away.

O.S. 47 § 11. Article XII