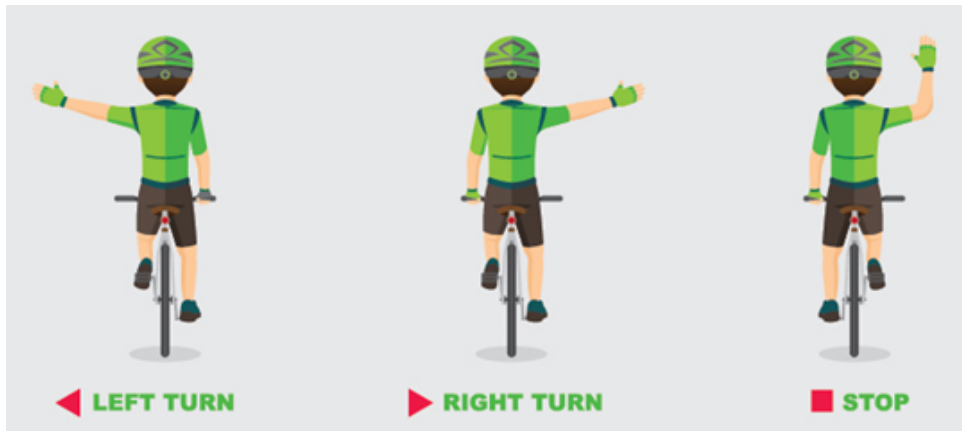




Bicycle Safety

Follow riding rules:

- Obey the same traffic laws as motorists. Ride with traffic not against it.
- If with other cyclists, ride in a single file line.
- Steer clear of major highways/roads. If available, use roads with bike lanes or bike trails.
- Make sure you know proper, basic hand signals.



- Ride at a safe speed.
- Ride at a safe distance from cars, usually 4 feet.
- Don't ride too close to the curb.
- Do not rush through yellow lights.
- Avoid riding on sidewalks.
- While on bike trails with other pedestrians, announce yourself, "Coming up on your left" or simply "on your left".
- Use a bell or whistle when appropriate.

Stay alert and be aware of:

- Car doors opening
- Cars making right turns from the left side of you
- Cars making left turns in front of you
- Cars pulling out of parking spaces, alleys and driveways
- Potholes/Puddles
- Sewer grates/man hole covers
- Litter/Broken glass
- Oil/Sand/Gravel
- Pedestrians/Children/Animals



Use Verbal and Non-Verbal Communication



Wear a Bike Helmet



See and Be Seen



Avoid Riding at Night



Watch for and Avoid Road Hazards



Check Your Equipment