

Safe Bicycling!

Bicycling is one of the most enjoyable means of transportation as well as a great physical and family activity. Millions of people ride all sorts of bike models and share the same roads as occupied by millions of larger, heavier and faster motor vehicles. Defensive driving methods apply to all road users – regardless of pushing gas pedals or by foot pedal. Taking precautions in traffic and wearing protective equipment are a cyclist best defense against injuries.



Here are some tips for safe and enjoyable bicycling:

- Obey traffic rules – the same rules apply as motorists
- Know your bike's capabilities – they're smaller and slower than cars, but can maneuver more easily, stop faster and move through smaller spaces
- Ride in single file with traffic, not against it.
- Stay as far right as possible – watch for opening car doors, pedestrians and road hazards such as sewer grates, soft shoulders, high pavement edges, garbage and debris.
- Make safe turns and cross intersections with care.
- Use correct hand signals – Left arm straight for a left turn; left arm up for a right turn
- Never hitch on motor vehicles
- Always been seen – wear bright colors and reflective if night time riding is necessary
- Check for bike safety equipment – red rear reflector, white front reflector, red or colorless spoke reflector on the rear wheel, amber or colorless reflector on the front (bright headlight if night time riding is necessary), pedal reflectors, horn or bell, rear-view mirror
- Wear a HELMET, it's the law! The first part of your body to fly forward in a collision is your head with disastrous results. Head injuries cause about 2/3 of all bike fatalities.
- A properly designed helmet meets safety standards – a smooth outer shell designed to distribute impact forces and protect against sharp objects, an energy-absorbing liner at least ½" thick, a chin strap and fastener, be lightweight, cool and fit snugly but comfortably.

Bicycling is a lot of fun and great exercise on your own or with friends and family. Being careful will only enhance your experience!