



# IMPORTANT BICYCLE SAFETY RULES

1. WEAR a Helmet: Helmets can prevent head injuries – the main cause of death and disability. They make it easier for motorists to see you and avoid you! A helmet is as much a part of the bicycle as the handlebars and tires. You don't want to ride without it!
2. Check your brakes, tire pressure and chain before you start.
3. BE VISIBLE. Wear light and bright colors during the day. At night, use a headlight and taillight, and wear white or reflective clothing.
4. DON'T Wear: Headphones. Headphones are a no-no! You won't be able to hear what's going on around you.
5. Bikers should always stop and look for traffic when entering the road; especially from a driveway, alley or curb. Always stop at a stop sign or red light.
6. Always ride on the RIGHT, the same way as a car. Remember to "go with the flow". Never, ever ride against traffic.
7. Always give cars and pedestrians the right of way.
8. Ride single file. When passing other bikers or pedestrians let them know your position by shouting out something like, "On your left!"
9. Always check behind you when changing lanes.
10. Watch out for dangerous things in the roadway. Road litter, potholes, gravel and storm grates can all cause you to lose control.
11. Stop at all stop signs and at all traffic signals. Be extra careful at crossroads.
12. Always signal before making a left or right turn. To make a left turn: look behind you, hold your left hand straight out to the side and proceed carefully. For a right turn, hold your left hand out to the side, bend your elbow up in an "L" shape. Extending the right arm out to the side also signals a right-hand turn.
13. Keep control of your bike. Don't swerve or make sudden turns. Drivers may not be able to react fast enough to avoid colliding with you.
14. Ride at least 3 feet away from parked cars. Someone could open their door unexpectedly and hit you.
15. Listen for cars approaching from the side or behind you.
16. Don't follow cars too closely (you may be in their blind spot).
17. Know your road signs and obey them. A smart biker follows the rules of the road.
18. Finally, always be prepared to stop. Keep your hands on or close to the brakes.

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**Hand Signals.** It may help to learn some hand signals. These are like turn signals and brake lights for bikers. It helps cars and trucks know what you will do next, so they don't run into you.



**Left Turn**



**Stop**



**Right Turn**



**Also Means Right Turn**