

2017 Bicycle Safety and Etiquette Rules

FOLLOW THE LAW:

- Your safety is in your own hands, and you can help influence how others view bicyclists.
- You have the same rights and duties as drivers.
- Obey traffic signals and stop signs.
- Ride with traffic; use the rightmost lane headed in the same direction as the traffic.

Be Predictable:

- Make your intentions clear to everyone on the road.
- Ride in a straight line and don't swerve between parked cars.
- Signal turns, and check behind you well before turning or changing lanes.

Be Clearly Visible:

- Ride where people can see you and wear bright clothing.
- Use a front white light, red rear light and reflectors when visibility is poor.
- Make eye contact with others and don't ride on sidewalks.

Think Ahead:

- Anticipate what drivers, pedestrians and other people on bikes will do next.
- Watch for turning vehicles and ride outside the door zone of parked cars.
- Look out for debris, potholes and other road hazards.
- Cross railroad tracks at right angles or dismount bicycle if necessary.

Ride Ready:

- Always wear a helmet!
- Check that your tires have sufficient air, brakes are working, chain runs smoothly, and quick release levers are closed.
- Carry tools and supplies that are appropriate for your ride.

GROUP RIDING

1. Use signals

- Use hand signals to indicate turns and point out hazards to others.
- Hold your left or right arm straight out to indicate left or right turn.
- Hold your left arm out and down with palm to the rear to indicate stopping.

2. Give warnings

- o Ride leaders should call out right turns, left turns and stops, in addition to signaling.
- o Announce a turn before the intersection to give riders a chance to position themselves.
- o Try to avoid sudden stops or turns, except for emergencies

3. Change positions correctly

- o Slower moving traffic stays to the right; faster traffic to the left.
- o Pass slower moving vehicles on the left; announce your intention to do so.

4. Announce hazards

- o Most cyclists do not have a full view of the road while riding in a group.
- o Announce potholes and other hazards so others can avoid them.
- o Call out the hazard and point down to it, either left or right.

Lane Changing in Traffic

1. Plan ahead

- o If you are familiar with the traffic patterns, be sure to get in the correct position early.
- o Keep in mind the relative speed between you and other traffic; plan accordingly.
- o Be aware of road conditions that would impede your progress across lanes.

2. Signal

- o Signal your intention to turn or change lanes.
- o Signaling may not be necessary if overtaking traffic speeds won't allow time to see it.
- o Signal only if you think that oncoming traffic can react safely.

3. Act

- o Relative speed may require you to move quickly and decisively when it is safe to do so.
- o In high speed overtaking traffic situations, cross all lanes at once when safe.
- o Move after signaling in low- and same-speed traffic situations.

4. Improvise

- o If you get caught between lanes while crossing traffic, ride the white line until clear.
- o Your safety is paramount while changing lanes; if traffic is too heavy, use crosswalks.
- o Ride to red light, then move to left turn lane if volume and speed do not allow crossing.

DESCENDING

1. Speed control

- o If you do not know the road or traffic volume, ride with extra caution.
- o Hazards are harder to avoid at high speed, especially while turning.
- o Do not overtake motorists unless the road allows it.

2. Ride predictably

- o Remain in the same portion of the roadway down a curvy descent.
- o Take the lane if you are traveling the same speed as motorists.
- o Take the lane if the road is narrow and curvy regardless of speed.

3. Safety

- o Riding upright will increase wind resistance and help slow you down.
- o Always keep both hands on the bars; slow down if the bike shakes at high speed.
- o Slow down for wet rides; ask ride leaders about general road conditions.