

10 Bicycling Safety Tips



1. Always wear a helmet.

Wearing a helmet reduces the risk of head injury by up to 60 per cent. Protect your brain!



2. Obey all traffic signs & signals.

Bicyclists must drive like other vehicles if they are to be taken seriously by motorists.



3. Never ride against traffic.

Motorists aren't looking for bicyclists riding on the wrong side of the road. Ride with traffic to avoid potential accidents.



4. Use hand signals when making a turn or stopping.

Hand signals tell others what you intend to do. Signal as a matter of law, of courtesy and of self-protection. Typical signals are 1) left turn, 2) stop or slowing and 2) right turn.



5. Be predictable – particularly in groups

Ride in a straight line to the right of traffic. Ride no more than two abreast. Ask permission for drafting in a pace line. Never overlap the wheel of the rider in front of you. Communicate with other riders around you. Call hazards when you see them. Communicate when passing. Listen to others. Maintain your personal space.



6. Avoid road hazards.

Watch out for parallel-slat sewer grates, slippery manhole covers, oily pavement, potholes, and loose gravel. Cross railroad tracks carefully at right angles. For better control as you move across bumps and other hazards, stand up on your pedals.



7. Look Ahead and keep both hands ready to brake.

Keep watch 20-25 yards ahead (not just 10 feet) to have sufficient reaction time. You may not stop in time if you brake one-handed. In a pace line, avoid tire-fixation on the bike in front of you. Keep your head up and look ahead.



8. Watch for chasing dogs.

Ignore them, try a firm, loud "NO" or try squirting them with your water bottle. If the dog doesn't stop, dismount with your bike between you and the dog. Dogs are attracted to the spinning of the wheels and your feet.



9. Dress appropriately.

Wear a hard-shell helmet whenever you ride. Wear light colored clothes. Dressing in layers allows you to adjust to temperature changes on longer rides.



10. Don't clown around.

Never hitch a ride holding onto a moving vehicle. Don't do stunts or wheelies on a road with cars or trucks. Don't weave. Avoid any sudden sideways movements.