



### *Stop...Thief!*

Don't become a victim of theft. Thousands of bicycles are stolen each year, but there are a number of simple ways to protect yourself from thieves, and here they are:

- Always lock your bike with a strong chain and padlock when leaving it. Secure the bike frame to something solid like a bike rack or tree.
- Park your bike where it can be easily seen. Do not leave it outside overnight. Take it indoors.
- Write down and keep in a safe place your bike's serial number, and its make, type and model. This will help police identify your bike if stolen.
- Register your bike if your community or local police department has such a program.



### *Ride It Right...Safety Tips*

#### *Intersections*

- Avoid busy roads and intersections when possible...Use bike paths and lanes.
- When approaching an intersection, follow traffic signs and be cautious. Always assume other motorists do not see you.
- If the intersection is too busy, walk your bike across.

#### *Avoiding Obstacles*

- Slow down and use caution when crossing obstacles like sewer grates and railroad crossings. Cross sewer grates at an angle, but go straight over railroad tracks unless they are wet...then walk your bike. Wet steel is treacherous for a bicyclist. The same is true of a steel-grid bridge.
- Avoid manhole covers.
- You are on two wheels instead of four. That makes puddles, wet leaves, ice and even cracks in the road dangerous situations to avoid.

#### *Driveways*

- Drive defensively. Treat your driveway as an intersection and stop to check traffic when you reach the end of it.
- Watch for vehicles backing out of driveways, because chances are they are not watching for you.

#### *Turning*

- Always look and then look again! Before turning or changing direction look at least twice over your left shoulder. Watch out for motor vehicles making the same move.
- Never wear headphones. You will be unable to hear a warning horn or siren. You do not have eyes in the back of your head so you need your ears to "see."
- Use the "walking left turn" at busy intersections. Get off your bike, wait for the "walk" light and then cross.

#### *Stopping Fast*

- When you have to, brake hard and lean back over the rear wheel to add weight to it.
- If you have caliper brakes on both wheels, apply both brakes hard while leaning back over the rear wheel. Failing to use your front brake will severely compromise your stopping power.



## Use Your Head... Obey the Helmet Law

Act 170 of 1994 makes bicycle ("pedalcycle" in the language of the act) safety helmet use mandatory for children under 12. Under previous law, only a child five years of age or younger riding as a passenger on a bicycle had to wear such protective headgear. Here are the details of Act 170:



- Helmets must be worn by operators and passengers under age 12, including those children riding in a restraining seat attached to a bike or riding in a trailer towed by a bike.
- Helmets must meet the standards outlined by the Consumer Products Safety Commission (CPSC). The standards apply to all pedalcycle helmets manufactured or imported into the United States. Helmets purchased prior to the issuing of the CPSC standards in 1999 may still be used.
- The fine for violation of the law is \$25, and parents and guardians of the child in violation are liable. Charges will be dismissed if evidence is provided that a suitable helmet has been purchased.

## Remember The Rules of the Road

State law treats the bicyclist like any other driver on the road. That entitles the bike rider to use a reasonable portion of the roadway, but also means that you must obey the rules of the road.

### For example:

- Always ride on the right side of the road in the same direction with the rest of the traffic on two way streets.
- On one way streets, you may ride on either side of the road as long as it is with the flow of traffic.
- In business areas, it is forbidden to ride on the sidewalk unless specifically permitted by a sign.
- If you are riding at night, state law requires a white light facing forward that is visible from a distance of 500 feet. Halogen bulbs and rechargeable batteries are your best choices. State law also requires side amber reflectors and a rear red reflector. A white flashing lamp, light-emitting diode or similar device may be used to supplement the front lamp. You may also want to consider pedal reflectors, though law does not require them.
- Obey traffic signs, especially at intersections. If a stop sign faces you -- be sure to stop.

Act 3 of 2012 provides additional rules of the road to promote safety for both bicyclists and motorists:

- When passing a bicyclist, the motorist must maintain a four-foot minimum distance.
- When traveling in the same direction, motorists are prohibited from making sudden right turns in front of the bicyclist.
- In a marked No Passing Zone, motorists are allowed to pass a bicyclist, so long as it is safe to do so and the minimum passing distance is maintained.

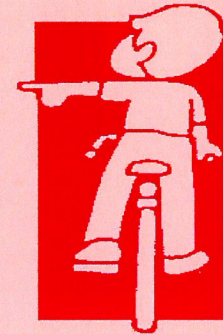
## Show Them A Sign

As a bicyclist, you must use your own special signals when stopping or turning. This tells other motorists on the road what you are planning to do.

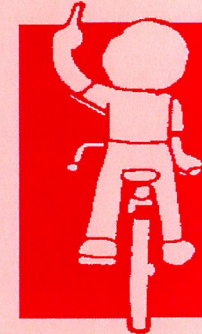
The correct hand signals are:

- **Left turn** - **Left arm straight out pointing left**
- **Right turn** - **Left arm pointing straight up OR right arm straight out pointing right.**
- **Stop** - **Left arm pointing straight down.**

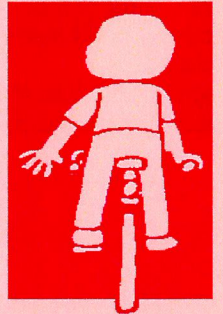
**Remember --** always keep your right hand on the handlebars when signaling, so you keep control of your bicycle.



Left Turn



Right Turn



Stop

## Dress For Success

When you are getting your gear ready to ride, here are some stylish safety ideas:

- **Stripe it up!** -- Reflector tape on helmet, jacket and other gear is fashionable and a great safety feature.
- **Be bright!** -- Wear a bright colored shirt or jacket that is a different color than the landscape through which you are biking. Yellow seems to be the best almost anywhere, anytime and red and day-glo orange are good, too. So is white -- except in snow. Wear the same bright or light colored clothing with your reflector stripes at night.
- **Keep the lid on!** -- Wear a helmet no matter what your age. Remember, if you are under 12 you must. If you are older, you should.
- **Be a flag waver!** -- A bike flag is a great biking accessory, especially in heavy traffic.

## Proper Equipment Is Important

Use the right equipment and keep it in good shape. *Follow these tips:*

- Make sure your bike is the right size for you. You must be able to get on and off your bike comfortably and stop without difficulty. The wrong size bike will be hard to control -- and you must be in control in traffic.
- Keep your bike in good condition. Acquire a good bicycling book, get the help of someone who knows how and learn how to maintain your bike. It's easy once you learn how. Inspect your bike at least once a month. Check the brakes, pedals, reflectors, shifting, steering gear, tires, chain, spokes, saddle, handlebars and the horn.