

# BIKE SAFETY 101

## POWER PEDAL



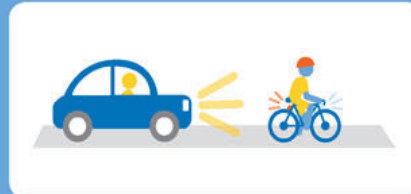
- One pedal in an “up and forward position,” one foot on the ground.
- Bottom off the seat.
- Stand on lifted pedal and sit back on your seat.

## LANE POSITIONING



- If no shoulder, “take the lane,” meaning ride in about the center of your lane!
- Cars are required to give 3 feet of space when passing.
- Don’t ride too close to the curb; sticks, trash, and other hazards pile up here.

## BE SEEN



- Wear bright clothing and reflective gear.
- Use lights at night (front and rear).
- Reflectors (front and rear)
- Red = Rear. White = Front.

## STOPPING



- Use both brakes.
- Squeeze gently.
- Don’t skid! It will ruin your back tire.
- Don’t drag your feet! It will ruin your shoes.

## COMMUNICATE!



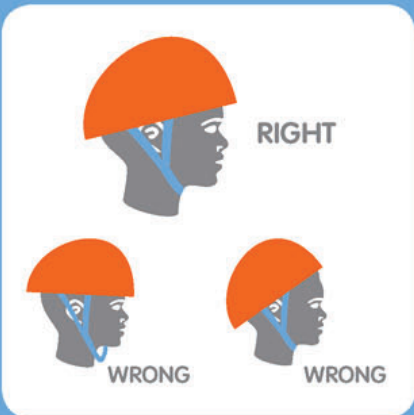
- Make eye contact.
- Use hand signals.
- Use your voice, horns and bells to let other people know you are there and when you are passing another bike or pedestrian.

## SCANNING



- Look “left, right, left.”
- Scanning around with your eyes is important to know your surroundings.
- Don’t forget to scan behind you!

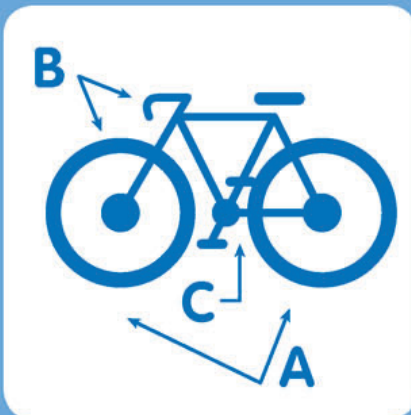
## HELMET FITTING



### “EYES, EARS, MOUTH!”

1. Eyes: Look up and see the rim of the helmet.
2. Ears: Side straps make a “V” over your ears.
3. Mouth: Chin strap cannot be lifted over your chin.

## ABC QUICK CHECK



- **A: AIR.** Tires should be firm. Squeeze each tire to make sure there is plenty of air inside.
- **B: BRAKE.** Check your brakes to make sure your bike will stop. Brakes should not pull all the way to handlebars (too loose).
- **C: CHAIN.** Make sure the chain is clean, oiled and moving smoothly.

## SIGNALING



## BE CONFIDENT

- You have a legal right to the road.
- “Keep your line;” don’t weave.
- Be predictable with your movements.



Cyclists always need to follow the rules of the road. Use the bike lane – when available or the road.

**DO NOT RIDE ON SIDEWALKS!**