



BICYCLE SAFETY

PLAN AHEAD

- Plan your route and make sure that someone knows where you are going and when to expect you back.
- When choosing your route, know your limitations. Do not put yourself in danger by choosing terrain that is out of your skill level.
- Be familiar with your route. Be aware of the locations of police and fire stations, and hospitals. If possible, take a cell phone in case of emergency.
- Carry identification with you; if you are unable to carry ID, write your name and phone number along with any important medical information on the inside of your shoe.
- Always wear a helmet.
- Wear light or reflective clothing, especially at night. Make sure that your bicycle is in good working condition before you head out.
- Bicycles must be equipped with a white head light, red tail light or reflector and side reflectors that can be seen from at least 500 feet away.

WHILE YOU ARE OUT

- Stay alert and aware of your surroundings no matter where you are. Don't wear headphones as they prevent you from hearing your surroundings.
- Be aware of the conditions around you; keep your eyes open for changing road conditions such as slick patches or uneven terrain.
- Watch for parallel slats in the road, always cross these and rail road tracks at a right angle.
- Be ready to break at any time. Don't carry any items that may prevent you from using both of your hands.
- Always trust your instincts. If people or locations are making you uneasy, leave or stay away.
- Stay in well-lit areas and on heavily traveled streets. Avoid routes that take you through parking lots, alleys, or other dark vacant areas.

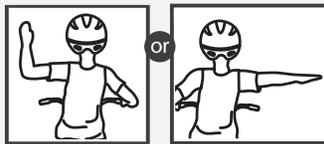
KNOW THE RULES OF THE ROAD

- Bicycles are considered a vehicle on the road and must obey all traffic signals and signs. They must also follow all lane markings, i.e. do not go straight through a right turn only lane.
- Do not ride against traffic.
- Do not weave in between cars and do not pass on the right, cars do not expect it and frequently will not be looking for it.
- Be aware of the traffic around you; listen for approaching cars and check over your shoulder from time to time.
- Use appropriate hand signals when turning.
- There are two ways to make a left turn, either like a car or like a pedestrian. Which ever left turn you choose, make sure to follow the rules associated with it (follow posted signs and street signals).
- Bicycles must yield to pedestrians.
- Make eye contact with drivers. If you do not make eye contact, you cannot assume that a driver sees you.
- Stay as far to the right of the road as practical unless passing, turning left, traveling straight when a right turn only lane is present, or if the road is too narrow to do otherwise.

BICYCLE HAND SIGNALS



Left Turn



Right Turn



Stop

- Never ride with more than two bicycles side by side when traveling on the road. If on the sidewalk, bicycles must travel single file.
- In downtown Salt Lake City, bicycles are not allowed to ride on the sidewalk in between 200 East and 400 West, and North Temple and 500 South.
- Call police immediately if you notice anything suspicious, or if anything happens to you.
- If you are unable to carry a cell phone, know the location of public phones along your route.