



## Beginner/Intermediate Group

### SAFETY TIPS FOR BICYCLISTS

#### RIDE SAFE ALONE

Observe all traffic signs: Stop and yield signs and traffic signals. Watch for vehicles at all intersections.

Watch for road hazards: holes, glass, gravel (especially at driveways and intersections).

Stay on the right side of the road: Never cross the middle line in the road into oncoming traffic.

#### *Fluids*

Drink one large water bottle about every 12 miles.

#### *Use turn signals*

Left turn - point left with left arm straight out

Right turn – point right with right arm straight out

Slow down and/or stop – left arm pointing downward and open palm facing back

Do your turn arm signal before the turn and have both hands on the handlebars during the turn.

#### RIDE SAFE OTHER CYCLISTS

Ride single file.

Point out and SPEAK road hazards if you are riding with others: hole, glass, gravel, etc.

Use turn signals and say loudly what you are doing – slowing, stopping, left or right turn.

Talk loudly about traffic and repeat up and down the line of bicyclists: car up, car back, walker/runner up.

Ride about a bicycle length behind the bike in front of you.

#### *Passing*

Before you get to the front rider's back wheel, say loudly, "On your left". Pass only on the left.