



SAFETY ON THE ROAD AS A CYCLIST

BICYCLE SAFETY:

- Wear a helmet every time he or she rides a bike—no exceptions.
- Know the rules of the road
- Make sure your bike is kept in good working order.

Helmet worn properly

Bright coloured or reflective clothing



Reflectors

Feet reach the ground

THE RULES OF THE ROAD

- Bike riders should know how to use hand signals. These are used to let car drivers know what a bicyclist plans to do. Hand signals include:
 - Left turn: Left arm extended straight out
 - Right turn: Left arm bent up at the elbow, or right arm extended straight out
 - Stopping: Left arm bent down at the elbow
- Before pulling into the street at an intersection, a bike rider should always:
 - Stop, look left, look right, and look left again.
 - Look back and yield to any traffic coming from behind.
- Bike riders should always watch for cars coming out of driveways, parking spaces, and parking lots.
- Bikes should always be ridden in the direction of traffic, never against it. They should also be ridden on the right side of the road.
- Bike riders should understand and obey all street signs, traffic lights, and crossing signals.
- A bike rider should always assume that a driver can't see him or her unless the driver makes eye contact.