

Safe biking practices



- **Maintain at least a six-foot distance from others.**
When you can't maintain a safe distance, wear a face mask to help protect yourself and others.



- **Be visible. If you can't see the driver, they can't see you.**
Use extra caution when passing trucks, buses or approaching an intersection alongside a large vehicle.



- **Be seen when stopped.**
At red lights, stop slightly ahead of a waiting vehicle. Avoid the driver's blind spot.



- **Obey traffic laws, signs and signals.**
Running a red light or stop sign can result in a serious crash with other vehicles or pedestrians.



- **Be aware of your surroundings.**
If using earphones, wear only one while riding. Check behind you, especially when changing lanes. Watch for opening car doors.



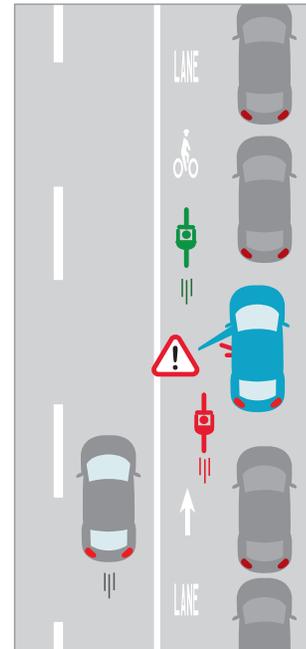
- **Ride on the road, bike lane, paved shoulder or path.**
Follow the rules of the road. Ride to the right  in the direction of traffic. Watch out for others and be alert for hazards that may result in a crash such as rocks, potholes, utility grates and train tracks.



- **Enhance visibility with proper lighting.**
Use a white headlight and a red taillight



- **Wear a helmet.**
Wearing a helmet will significantly reduce your risk of being killed or seriously injured in a crash.



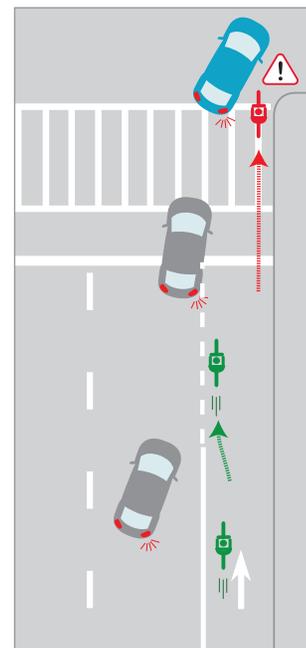
- **Avoid getting "doored"**
Riding close to parked cars leaves cyclists vulnerable to car doors that open unexpectedly.

DO

- ▶ Be alert and watch parked vehicles carefully.
- ▶ Ride in a straight line and maintain at least three feet of distance from parked vehicles.
- ▶ Watch vehicle tail lights to anticipate driver actions and for exiting passengers.

DON'T

- ▶ Swerve back and forth around vehicles.



- **Safety at intersections**
When approaching intersections where cyclists and turning vehicles merge:

DO

- ▶ Look for turning traffic.
- ▶ Take the full lane as necessary.

DON'T

- ▶ Hug the curb or pass on the curbside of a turning vehicle. If vehicles are turning in front of you, move away from the direction of the turn.

