

# Bicycle Safety

## For Cyclists



- ▶ Wear a properly fitted helmet and ride a well-maintained and properly fitted bike with reflective gear to make you visible to drivers.

- ▶ For beginners ride your bike in a safe environment away from traffic.
- ▶ Use hand signals and shoulder check in advance before making any turns. Remember, drivers sometimes fail to yield the right-of-way.
- ▶ Choose routes with less traffic and slower speeds if possible. Use designated bike routes when available - they're safer and reduce conflicts with vehicle traffic.
- ▶ It is illegal for cyclists to ride on the sidewalk. Ride as close as possible to the right-hand side of the road in the same direction as traffic.
- ▶ Follow the rules of the road. Make sure you obey all traffic signs and signals.
- ▶ Be focused and alert to the road and all traffic around you; anticipate what others may do before they do it.

## For Motorists



- ▶ Yield the right-of-way to cyclists and signal well in advance if you need to cross a designated bike lane or pull over to the side of the road and do not underestimate a cyclist's speed.
- ▶ Ensure cyclists are given the space they need to ride safely by maintaining at least three seconds distance behind and at least one meter when passing, you may need to change lanes to pass safely.
- ▶ Shoulder check for cyclists before turning right and watch for oncoming cyclists before turning left. Scan for cyclists before you enter the roadway from an alley or get in and out of a parking spot.
- ▶ Obey the speed limit, reduce speed for road conditions and drive defensively to avoid an accident.
- ▶ Don't get distracted. Watch for cyclists on the road and make eye contact if you can, so they can anticipate your next move. Avoid using your horn as this might startle the cyclist.
- ▶ Both drivers and passengers must shoulder check for cyclists before opening doors.

“ Never ride/drive under the influence of alcohol and/or drugs; they impair your abilities and your judgment ”