

SAFE RIDING TIPS



SAFETY BASICS

OBEY TRAFFIC LAWS AND RIDE PREDICTABLY

- Riding predictably and in accordance with regulations keeps you and those around you safe. Bikes and e-bikes are required to follow the same rules as cars.
- Ride on the right side of the road, unless in a bike lane designed for riding on the left. Obey all traffic signs.
- Use hand signals to indicate when you plan to turn and stop.

STAY FOCUSED AND ALERT

- Keep control of your e-bike. Always ride with both hands on your handlebars, except if you must signal.
- Do not use your phone while riding. Stop in a safe location before using it.
- If using your phone for navigation, either stop to check directions or consider purchasing a handlebar phone mount.

ALWAYS WEAR A HELMET

- Make sure your helmet fits correctly and is securely fastened.
- Helmets should fit snugly and comfortably on your head. The helmet should cover your forehead down to about one inch (two centimeters) above your eyebrows. You should be able to see the brim of the helmet when you look up.
- There should be no more than one-half inch of space between your chin and the strap.
- The most effective helmet is the one you enjoy wearing. Be sure to try on a few to find a helmet that is comfortable.

BE SEEN

- In addition to a headlight and taillight, consider how visible you are from the side to cross traffic.
- Wheel lights or reflective tape can enhance your overall visibility.
- Consider your overall visibility, including your clothing. Pedestrians and cyclists wearing dark colors can be hard to see. Reflective and high-visibility clothing, such as a vest, can increase your overall safety.





TRAFFIC RULES & ROAD SAFETY

When riding on the road, the rules are generally the same for cyclists as they are for motorists. Be sure to double check local rules and regulations.

- Ride the same direction as traffic. Ride in a straight line, do not swerve in and out of parked cars.
- Yield to faster traffic by allowing them to pass when safe.
- If possible, take roads with less traffic or use bike lanes or bike paths when available.
- Obey traffic lights, stop signs, and speed limits just as you would in a car.
- Always cross railroad tracks with your wheels perpendicular to the tracks.
- Be aware of the “door zone” when riding past parked cars. Always leave enough room to avoid being struck if a motorist opens their door.
- When riding in bike lanes and on multi-use paths, be respectful of those not on e-bikes. Call out your intention to pass and be mindful of your speed. Obey speed limits on multi-use paths.
- Be respectful of other road or path users.

PROTECT YOURSELF FROM THEFT

- Always lock your e-bike when unattended. Use a sturdy chain or U-lock.
- Whenever possible, store your e-bike indoors.
- Record your serial number and register your e-bike with your local police department or other bike registration services.

ADDITIONAL RESOURCES



Commuter Academy:
activecommuteracademy.com/#Rules-of-the-Road

