10 SMART RULES TO BIKE SAFETY



- [ ] 1.**Protect Your Head -** Wear a helmet.
- [ ] 2.**Stay Visible -** If drivers can see you, they are less likely to hit you. Use lights when biking at night or in low-light conditions.
- [ ] 3.**Look, Signal & Look Again -** Use hand signals to let drivers and other bicyclists know where you're going. Look and make eye contact. Don't assume drivers will stop.
- [ ] 4.**Stay Alert -** Keep a lookout for obstacles in your path.
- [ ] 5.**Go with the Flow -** Bike in the direction of traffic.
- [ ] 6.**Act like a Car -** Drivers are used to the patterns of other drivers. Don't weave in and out of traffic. The more predictably you ride, the safer you are. Check for traffic. Be aware of traffic around you.
- [ ] **7.Don't Get Distracted -** Don't listen to music or talk on the phone while riding.
- [ ] 8.**Obey all Traffic Laws & Lights**
- [ ] 9.**Assure Bicycle Readiness -** Is your bicycle properly adjusted? Is your saddle in a comfortable position?
- [ ] 10.**Do a Quick Bicycle Test -** Check your brakes and your wheels. Make sure that "quick release" wheels are properly secured.

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