

## TIPS FOR SAFE CYCLING

- Always ride with the flow of traffic, on the right-hand side of the street. **Wrong-way bicycle riding is against the law and is the leading cause of crashes.**
- Be a responsible bicyclist — obey all traffic signs, signals, and lights. Use proper hand signals when turning or stopping (see illustrations below).
- Dress safely — wear a helmet, wear bright-colored clothing, and secure loose pant legs. Bicyclists are not permitted to wear earphones in both ears while riding a bicycle.
- While on sidewalks and shared-use paths, bicyclists must always yield the right of way to pedestrians and give an audible signal before passing a pedestrian.
- Park your bicycle so you do not block sidewalks, handicap and building accesses, or emergency drives.
- Lock your bicycle — secure both wheels and the frame to a stationary object using a sturdy lock.
- Ride defensively: **Remember that you can see and hear cars before their drivers can see or hear you.** Watch out for buses pulling to and from curbs and passengers getting on and off buses. Be careful when passing vehicles, especially turning vehicles, whose drivers may not see you.
- Walk your bicycle when you get into traffic situations beyond your cycling abilities.
- This bike is not designed or equipped for nighttime riding. We do not recommend that you ride at night.



**RIGHT**



**LEFT**



**STOP**

**BIKE SAFETY QUIZ:** *No one may check out a bike without first completing the quiz below.*

- |   |  |
|---|--|
| <p>1. <b>When should a bike helmet be worn?</b></p> <p>a. Only when riding on the street</p> <p>b. Only when it's raining</p> <p>c. Every time I ride my bike</p>   | <p>a. <b>Brightly colored clothing</b></p> <p>b. <b>Dark, dull clothing</b></p>  |
| <p>2. <b>How many people may ride safely on one bike?</b></p> <p>a. One person</p> <p>b. Two people, or as many as can fit</p>  | <p>5. <b>When riding your bike you must stop at all stop signs and red lights.</b></p> <p>a. True      b. False</p>  |
| <p>3. <b>You should ride your bicycle...</b></p> <p>a. <b>On the left side of the road against the flow of traffic.</b></p> <p>b. <b>In the middle of the road.</b></p> <p>c. <b>On the right side of the road with the direction of traffic.</b></p> | <p>6. <b>Always signal before making a left or right turn.</b></p> <p>a. True      b. False</p> <p>7. <b>It's okay to wear headphones while biking.</b></p> <p>a. True      b. False</p> |
| <p>4. <b>When riding your bike you should wear...</b></p>   | <p>8. <b>It's okay to ride this bike at night.</b></p> <p>a. True      b. False</p>  |

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Cyclists run the risk of possible injury by the very nature of the activity and are encouraged to purchase health insurance. The Department of Recreation and Wellness has no insurance for renters, who should understand that participation is at one's own risk.

Any incorrectly answered quiz items must be reviewed with renter and all questions answered before releasing rental:

Facility Manager/Member Service Attendant Signature: \_\_\_\_\_ Date: \_\_\_\_\_

I have read and understand all of the above: Renter signature: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_ Score: \_\_\_\_/7