

## BICYCLE SAFETY CONSIDERATIONS:

**Be Safe: Prepare your bicycle and equipment for the ride**

**Ride Safe: Stay alert and obey traffic laws while riding**

**Stay Safe: Dos and Don'ts for a lifetime of cycling fun!**

### Be safe:

- **Protect your Head.** Wear a helmet; make certain it's properly adjusted to the rider. Remember, helmets do not last a lifetime. Prolonged exposure to ultraviolet light will deteriorate its ability to provide protection. If you have an accident in which your helmet contacts pavement or cracks, replace it.
- **Clothing:** Always wear reflective or bright clothing.
- **Identification:** Carry your ID and cell phone with you on every ride in the event of an emergency.
- **Weather Considerations:** Check the weather reports for inclement weather. Dress appropriately
- **Hydrate:** Make certain you are adequately hydrated prior to and during the ride. Also, in Alabama, bicycles are defined as vehicles; hence, Alabama's law prohibits driving while under the influence of alcohol or other controlled substances
- **Bicycle Readiness.** Is your bicycle properly fit to you? Is your saddle in a comfortable position? Install a rear flashing light or, at a minimum, install a rear reflector; install a headlight and turn it on when riding.
- **Additional Check List:** Do a quick bicycle test check of your brakes and tires before going out on a ride to ensure they are in good working order.

### Ride safe:

- **Stay Visible.** If drivers can see you, they are less likely to hit you. Auburn Ordinance # 988 enables the City to assess cyclists a fine of up to \$100 for riding on sidewalks in the Downtown area.
- **Go with the flow** and bike in the direction of traffic. Alabama requires that wherever a usable path for bicycles is provided adjacent to a roadway, bicycle riders must use the path and not the roadway. Never cross the yellow line onto oncoming traffic, except to turn.
- **Look, Signal, and Look Again.** Use standardized hand signals to let drivers and other bicyclists know where you're going. Look and make eye contact. Continually check traffic by looking over your shoulder or use a mirror to do the same. Don't assume drivers will stop.
- **Ride with Predictability.** Don't weave in and out of traffic; The more predictable you are, the safer you'll be.
- **Stay Alert and Communicate with fellow riders.** Watch for obstacles in your path and communicate hazards to those behind you. Be alert to people opening doors on parked vehicles.
- **Ride Single File:** As a general practice, ride single file. Alabama Law does allow two people to ride side-by-side on paths or parts of roadways set aside for the exclusive use of bicycles (Section 32-5A-263)
- **Obey all Traffic Laws & Lights.** That means coming to a complete stop at stop signs and lights. After exercising due caution, bicyclists may proceed through a triggered traffic control signal after one cycle if that triggered traffic control signal fails to operate due to the size or composition of the bicycle.

### Stay safe:

- **Don't Get Distracted.** Don't listen to music or talk on the phone while riding.
- **ALWAYS be courteous to drivers and share the road.** Your life may depend on it.

**ENJOY THE RIDE. And please be SAFE by adhering to the above Safety Considerations.**