



## Biking Safety Guidelines

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1. Always wear your helmet. Make sure you have it properly adjusted so that it will actually protect you, not positioned loosely on the back of your head.
2. Follow the leader. Don't get ahead of the leader or go your own way.
3. We always have a biker assigned to bring up the rear, called a "sweep", so you don't have to worry about getting left behind.
4. Your leader will announce stops to those behind him. Pass the word along to those behind you.
5. You may be asked to stop and direct riders around a corner if the direction is not clear. Please stay in position until the sweep arrives.
6. Avoid the "lemming effect": don't follow the group into an intersection without verifying for yourself that it is safe to proceed. Always take full responsibility for your own safety. The laws of the highway apply to bikes just like automobiles. Do not ride through red lights. The leader will hold the group up until everyone crosses safely so you will not be left behind.
7. When riding on the roadway with cars, always ride single file.
8. Make sure that nearby cars understand your intentions. Use hand signals when turning or stopping.
9. When riding past a parked car, stay far enough away that you can avoid a suddenly opened door.
10. Think of the bikers behind you as well as those ahead of you. When crossing a street move far enough ahead, before stopping, to allow room for riders crossing behind you.
11. Always leave some space between your bike and the bike in front of you, so that you can avoid crashing in case of a sudden stop.
12. Always announce your intention to pass another group member or other trail user by stating clearly "Passing on your left (or right)".
13. Never ride three abreast at any time. An unexpected event can leave the person in the center without any avoidance options.
14. The traffic on our bicycle trails is increasing each year. Therefore it is more important to stay in your lane. The other lane is for oncoming traffic, just like it is when you are driving your car. Of course it can be used for passing if you can see far enough ahead.
15. Make sure your bike is in good repair, especially brakes and tires. Carry a spare tube that fits your tire size.
16. Make sure your bike is properly equipped: a rear-view mirror and a bell are highly recommended. Helmet or eyeglass mounted mirrors are an alternative to bike mounted
17. Do not talk on your cell phone while riding your bike. If you need to make or return a phone call, pull off the trail and stop to do so.