

# 6 TIPS FOR BICYCLING

TO KEEP YOU SAFE WHILE ENJOYING THE RIDE

## 1. ALWAYS TAKE INSPECT YOUR BIKE BEFORE SETTING OUT ON A RIDE.

It doesn't take long and the benefits are worth it. Make sure the tires are properly inflated and that your brakes work. Make sure the bike is the right size. If it's too big it will be harder to control.

## 2. THINK IT THROUGH.

Plan your route as if you were taking a trip in a car. Choose times and routes with limited auto traffic. The safest ride will likely be on a designated bike path.

## 3. ALWAYS WEAR A HELMET.

Bicycling injuries of any sort are bad enough, but head injuries can be deadly – and avoided, for the most part, with a helmet. It's just not worth the risk to go without a helmet.

## 4. AVOID RIDING AT NIGHT.

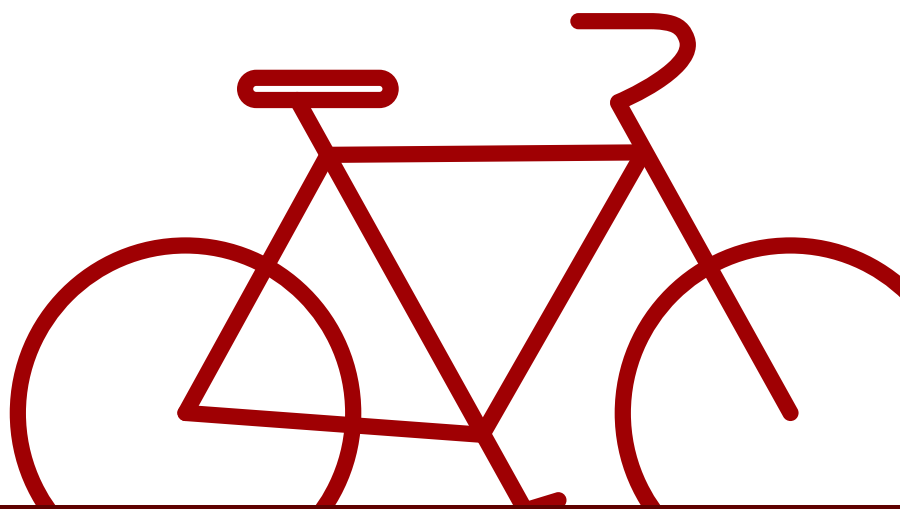
Bicycle accidents, injuries and worse, are much more likely to occur at night when it is more difficult to see. If you do choose to ride in low light or in the dark, wear clothing items that can easily be seen by cars. Also, place white reflectors and a headlight on the front of your bike, and red reflectors on the back.

## 5. WATCH THE ROAD.

Cars, trucks and foot traffic are one thing, but potholes, debris, puddles and broken glass are another. And there's no such thing as a perfectly clean street. Be vigilant at all times. If riding with friends, shout and point at hazardous objects to alert them.

## 6. TEACH CHILDREN THE RULES OF THE ROAD.

It's never too early to show children the fun of bicycling. Teach them traffic rules, show them how to be safe, and enjoy riding together for years to come.



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