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[www.TriLaVie.com](http://www.TriLaVie.com)

## IMPORTANT TIPS FOR BICYCLE SAFETY

**FOLLOW THE LAW!** Bicycle riders on public roads have the same rights and responsibilities as motorists, and are subject to all provisions of the California Vehicle Code. Making left or right turns, following traffic signs, changing lanes, etc. A cyclist **MUST** follow the rules of the road!

**BE NOTICED!** Ride where drivers can see you; wear bright clothing. Use a front white light and red rear light and reflectors at night or when visibility is poor. Make eye contact with drivers. Don't ride on sidewalks.

**THINK AHEAD!** Anticipate what drivers, pedestrians, and other bicyclists will do next. Watch for turning vehicles and ride outside the door zone of parked cars. Look out for debris, potholes, and utility covers. Always expect the unexpected!

**BE PREDICTIBLE!** Make your intentions clear to motorists and other road users. Ride in a straight line and don't swerve between parked cars. Signal turns, and check behind you well before turning or changing lanes.

**RIDE READY!** Make sure you have a properly fitted bike in solid operating form. Check your tires have sufficient air, brakes are working, chain runs smoothly, and quick release wheel levers are closed. Carry repair and emergency supplies appropriate for your ride. Carry personal info with you at all times. Make a copy of your driver's license, insurance card along with all emergency contact and medical info.

**ALWAYS WEAR A HELMET!**

## THE BIKE SIGNALS & COMMANDS

Ride as far "as practicable" to the right, always utilizing the bike lane. Ride single file, the law states that no more than 2 abreast. **NEVER** ride against traffic!

You will **ALWAYS** pass others on the **LEFT**.....**NEVER** pass on the right!

A bicycle **MUST** yield the right-of-way to pedestrians.

Cross grates, driveways & railroad tracks at right angles.

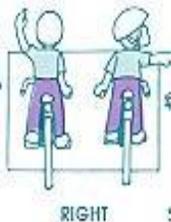
Riding with a group presents a need for a strong set of communication skills.

Don't ride above your ability or put yourself in an un-safe environment.

If it does not feel right **DON'T DO IT!**



**MAKING A LEFT TURN**  
(Point left arm straight out)  
"Left turn"....."Clear"



**MAKING A RIGHT TURN**  
(You can point or raise left arm)  
"Right turn"



**SLOWING OR STOPPING**  
(Hand back...palm out)



**POINTING OUT HAZARDS**  
(Take fingers and point to object)

## VERBAL COMMANDS

### "LIGHT UP"

Stop light has turned, or is going to turn red, this alerts the group that we will be slowing or stopping for the light

### "SLOWING"/"STOPPING"

The group will be slowing down or stopping

### "TURNING"

Calling out the direction you are turning "Left" or "Right" turn

### "CLEAR"

This tells the group that it is safe to continue, it is usually used making left turns or at stop signs. It must be clear for the entire group with no question!!

### "ROCK/GLASS/STICK/ETC"

If there is a potential hazard in the bike lane point and call it out so the entire group is aware

### "ON YOUR LEFT"

Getting ready to pass others...make sure you say it before you are passing...not when you are right next to the rider

### "BIKE UP/CAR UP/RUNNER UP"

This alerts the group that there is something coming at them

### "CAR BACK"

This alerts the group that a car is coming up from behind...it usually happens when cars are making right turns

### "MECHANICAL/FLAT"

This alerts the group that due to a mechanical issue there may be a need to slow or stop

## ADDITIONAL RULES & REGULATION INFO

Here are some great websites specific to bicycle safety, rules, laws, etc. Take note that if you are competing the governing bodies have their own sets of rules that must be adhered to as well.

League of American Cyclist: <http://www.bikeleague.org/resources/better/roadrules.php>

California stated DMV laws: [http://www.dmv.ca.gov/pubs/brochures/fast\\_facts/ffd137.htm](http://www.dmv.ca.gov/pubs/brochures/fast_facts/ffd137.htm)

California bike laws lid out: <http://californiabicyclelawyer.com/california-bicycle-laws.php>

Triathlon Rules: <http://www.usatriathlon.org/about-multisport/rulebook.aspx>

Cycling Racing Rules: <http://www.usacycling.org/news/user/story.php?id=369>