

BICYCLE SAFETY

TOP 10 Bike Safety Rules:

1. **Ride with the flow of traffic**, NOT against it. Bicycles are considered vehicles in all 50 states and must follow the same rules. Ride with the Flow Video
2. **Stop** at stop signs and red lights and follow road signs-they apply to motor vehicles and bicycles!
3. **Yield to traffic before entering or crossing a roadway** from a driveway, trail, sidewalk or lower priority road.
 - Riding on the sidewalk or separated bike path increases your risk of being hit at an intersection-you are less visible to cars on a sidewalk or bike path than you are on the roadway. Protect yourself by carefully crossing and looking for turning vehicles that might not see you even though you see them.
 - Recognize that every driveway is an intersection and watch for cars backing out that might not see you.
 - IF you ride your bike across a crosswalk, you must enter the crosswalk at a pedestrian speed-DO NOT dart into a crosswalk or any place with traffic.
 - Yield to Pedestrians and other non-motorized users.
 - Notify your fellow trail users know your coming, by greeting or bell.
4. **Be Visible!** Wear bright clothing and NEVER ride in low light without a bright white headlight and red rear light.
 - Anticipate other users around corners or other blind spots
 - At night, ride with a white front light and a rear light or reflector.
5. **Ride in a predictable, straight manner.** Don't swoop in and out of traffic, parked cars or circle drives.
6. **Ride in the farthest right hand lane that serves your destination. BE PREDICTABLE and SHARE THE ROAD**
 - Do not make a left turn from a right turn only lane or bike lane on the right side of the road. Signal and move to the proper lane when safe to do so on roads with 35 mph or less speed limit.
 - Signal turns and lane changes at least 100 feet in advance.
 - Yield to overtaking traffic before moving across one or more lanes.
 - Ride in the appropriate position in the lane you are using.
7. **Wear a properly fitting bicycle helmet.**
8. **Ride a safe bike** and always stay in control.
9. **NEVER wear headphones when cycling**– they block other sounds you need to hear.
10. Have FUN being healthy!

SAFETY VIDEOS & LINKS

SAFETY VIDEOS: click on below topic for link to Youtube videos:

- [Ride with the flow of traffic](#)
- [Be Visible!](#)
- [Ride in a predictable, straight manner.](#)
- [BE PREDICTABLE](#)
- [SHARE THE ROAD](#)
- [Wear a properly fitting bicycle helmet.](#)
- [Ride a safe bike](#)

SAFETY & INFORMATIONAL LINKS:

- <https://www.bicycling.com/culture/a30750499/what-to-do-after-driver-hits-you/>
- <https://www.bicyclecolorado.org/ride-colorado/rules-of-the-road/>



WHERE TO RIDE.....your route can make a BIG difference in your SAFETY!

[Find a route](#)

1. **Don't just ride your bike where everyone drives their car.** You can often avoid hectic traffic and enjoy your ride much more by selecting a road one or two streets over in cities built on a grid system.
2. Look for streets with low traffic volumes and few trucks or buses.
3. Look for roads with wide lanes or paved shoulders and good pavement conditions.
4. A route with fewer stop signs allows you to keep up your speed. Remember, bicyclists are expected to stop at stop signs and stop lights just like motor vehicles!
5. Although flat terrain requires less effort, hills can be relatively easy with a multi-gear bike.
6. Pay attention to drainage grates, railroad crossings and other potential hazards. Cross train tracks perpendicular to your front wheel and always be careful crossing slippery, wet surfaces, especially metal rails or grates.
7. Be aware and follow these tips on avoiding the dangers of sun glare that can blind drivers at sunrise and sunset.
8. Scout your potential route by bike, not car, before you attempt to ride to work or school.



Sharing the Road

Biking on Streets

Don't stop in crosswalks.

Ride in a straight line.
Avoid weaving between parked cars. Ride in a straight line at least 4 feet away from parked cars to avoid the **Door Zone** (see below).

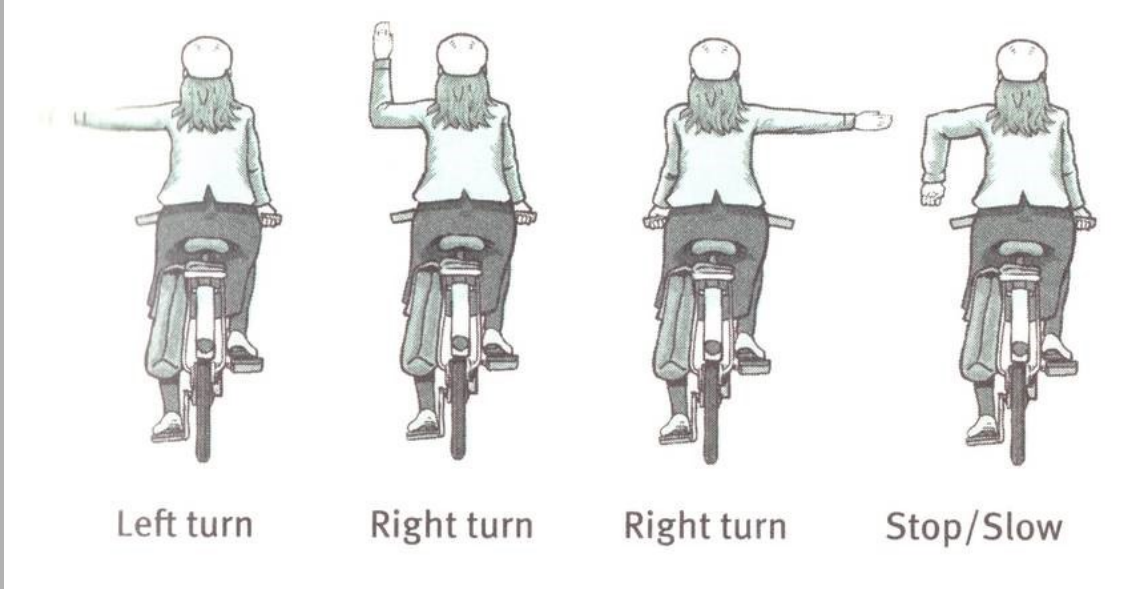
Never ride against traffic.
Riding against traffic is dangerous and illegal. Motorists and pedestrians are not looking for cyclists riding the wrong way down a street.

Always stop for pedestrians in crosswalks.

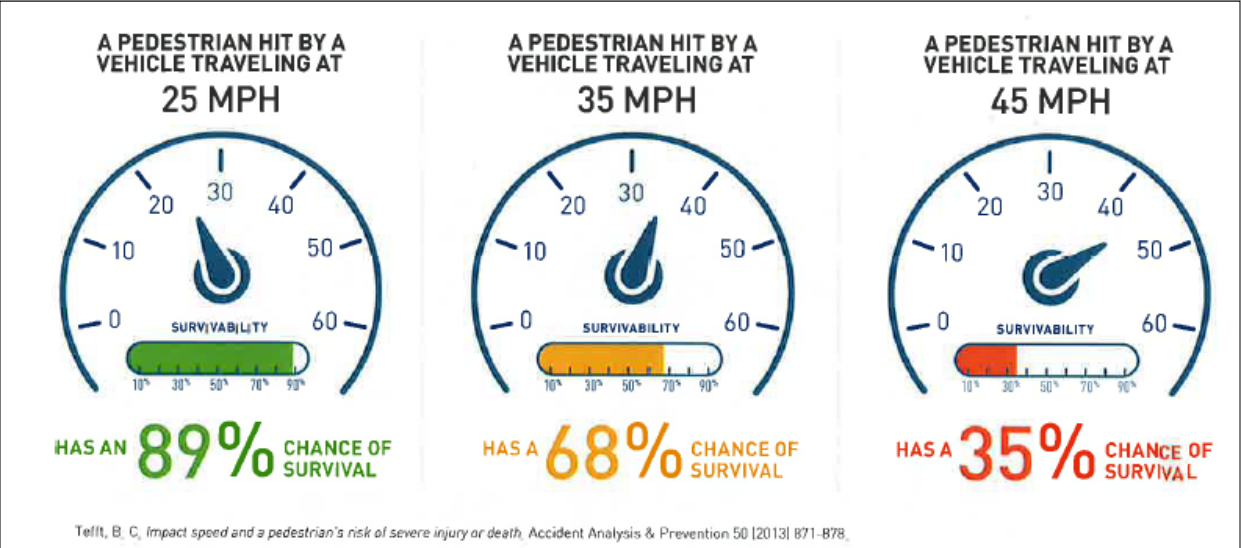
Obey all traffic regulations.
Riding predictably and following the law are the keys to safe bicycling on Pueblo streets. Knowing and following the rules help all road users properly anticipate and react to each other.

Don't ride on the sidewalk.
Pueblo law prohibits biking on a sidewalk if you are 12 years old or older, unless it is marked as a bike route.

When necessary, use entire travel lane.
Move toward the center when the lane is too narrow for motorists to pass safely or when you're moving at the same speed as traffic.



Hand Signals for cyclists





SUN GLARE TIPS

Sun glare is a nuisance to drivers but can be life-threatening to cyclist and pedestrians. 2-4 weeks before and after the equinoxes (March/April and August/September, near the Friday of Spring and Fall) , on east-west aligned roads, sun glare can become a serious problem due to the location of the sun. The worse times tend to be 1-2 hours after sun rise and 1-2 hours before sunset, the same time as rush hour traffic. The low angle sun is bright in the sky but darkens the roadway area. Drivers can be blinded to pedestrians and cyclists on the roadway.

Motorist Tips:

- Slow down!
- Use sun visor and polarized sun glasses.
- Stay in your lane.
- Don't be distracted.

Bike/Pedestrian Tips:

- If you can't see well, neither can motorists coming up behind you. But if the sun is at your back, the only hint of trouble is your long shadow in front of you. Oncoming motorists turning left could be blinded and turn into you.
- Leave 10-15 minutes later or earlier to avoid the worst sun glare time.
- Travel farther north-south before heading east-west to avoid sun glare time.
- Find a route with a good tree canopy to block the sun glare.
- Slow down at intersections and prepare for conflicts.
- Use a really bright headlight and tail-light on flash mode. (Go with a steady headlight beam more than 15 minutes before sunrise or after sunset)