

## ABC Quick Check Before Riding:



- A- AIR** in your tires – tires should be firm when squeezed
- B- BRAKES** are working properly
- C- CHAIN** is clean, oiled, and working smoothly

\*Additional Resources:

1. <http://www.dot.state.oh.us/Divisions/Planning/SPR/bicycle/Documents/ODOTCyclingSmarterGuide.pdf>
2. <http://www.dot.state.oh.us/bike>

## Share the Road!



## Bike Safety 101 Guide

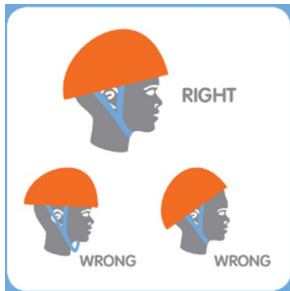


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## Always Wear a Properly Fitting Helmet

- Helmet should sit level on the head; not tilted too far forward or backward.
- Helmet should fit snugly against the head.
- Chin strap should be tightened snugly under the chin (about one finger's width maximum between the strap and chin).
- Y-shaped side straps should fit just under the ears.
- Shake your head around before riding to ensure the helmet is secure with minimal shifting.



(Source: bikewalkkc.org)

## Use Bike Lanes whenever Possible and Available

- Give yourself as much of a barrier between yourself and traffic as possible.
- The same rules of the road apply, even in designated bike lanes.



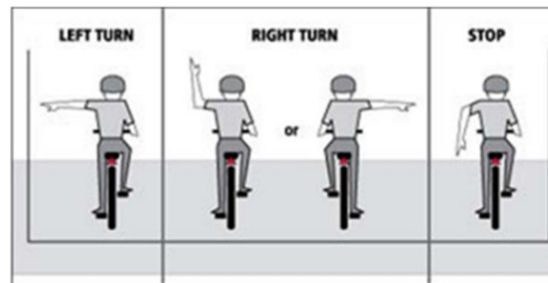
## Abide by all Vehicular Traffic Laws

- Bicycles are defined as vehicles under Ohio Law.
- When in doubt, "Same rights, same roads, same rules."
- These include:
  - Ride **with** traffic
  - Obey basic traffic laws
  - Stop at stop signs or red lights
  - Follow traffic control devices
- Stay as far to the right in your lane as possible, unless it is unreasonable or unsafe to do so.

Remember, you are sharing the road with other travelers. Failure to follow all traffic laws is a risk to your safety and others'.

## Use Proper Hand Signaling when Turning or Stopping

Use these as you would a turn signal or brake lights in a vehicle.



(Source: ODOT Cycling Smarter Guide)

## Be Visible

- Wear bright clothing and reflective gear.
- Affix your bike with reflectors and/or lights.

## Be Alert and Communicate

- Always scan for vehicles, pedestrians, buggies, farm equipment, etc.
- If traveling in a group, alert others of oncoming traffic (i.e., "Buggy up (ahead)!", "Car back (behind)!").
- Use hand signals.
- Don't forget to look behind you!

## Avoid Riding in the Dark

### But if you have to:

- Wear bright, reflective clothing.
- Ohio Law requires that all bicycles have a white light in front and both a red reflector and red light in back when riding between sunset and sunrise, or whenever the weather makes lights necessary.

