

Maintain and Regularly Inspect Your Equipment

Be safe and keep your bike tuned up. Take it to a bike shop at least twice a year for professional inspection. Secure any loads tightly to a rack or trailer.



Wear a Helmet Correctly

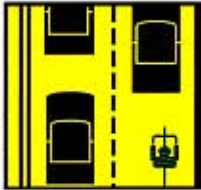
Always wear your helmet to prevent head injury. Your helmet should be level and snug. You should be able to see the helmet brim.

Be Visible and Predictable

Wear bright colors. Ride straight in a predictable manner. Plan ahead to avoid obstacles. Signal before changing directions.

Ride With Traffic

Always ride on the right side. Do not pass motorists on the right. If you approach an intersection with a right turn lane and intend to continue straight, ride with through traffic. When a road is too narrow for cars and bikes to ride side by side, "take the travel lane," which means riding in or near the center of the lane.



Watch for Potential Hazards

Scan the road 100 feet ahead for hazards—drains, potholes, tracks or debris. Allow time to maneuver around these hazards and negotiate with traffic. Avoid riding into open car doors by giving yourself 3 or 4 feet.

Signal All Turns

Look back before you make a lane change or turn. Signal safely in advance using one of these signals.



Making Left Hand Turns

You may turn left as a vehicle ① by moving into the left side of the travel lane (or left turn lane). **OR** Cross like a pedestrian ② by stopping, dismounting, and walking across crosswalks.

Be Prepared for Conditions

Always carry appropriate supplies, clothing, and plenty of water when traveling by bicycle. When you use your brakes in the rain, allow yourself extra distance to stop.



Obey All Traffic Laws

Ride with traffic. Obey stop signs, traffic lights, and other traffic controls. Bicyclists fare best when they act and are treated as drivers of vehicles.

Ride Single File in Traffic

Ride single file in traffic except when passing others. Also, notify other bicyclists of approaching cars.



Warn Others When Approaching

Bicyclists must yield to pedestrians. Be courteous by warning others with a ring of your bell or a friendly greeting. Allow plenty of space when passing.

Always Ride with Lights at Night

Bicycle reflectors are not sufficient for safety. Connecticut State Law requires a headlight visible from at least 500 feet when riding at night and a flashing red tail light visible from 600 feet. Wear reflective clothing. *Remember: we use lights and reflective clothing not to see, but to be seen.*



Tips for Motorists



Driving on the road requires care and courtesy whether you are driving a car or a bicycle.

As motorists we must respect the rights of other road users including bicyclists.

Bicyclists fare best when they act and are treated as drivers of vehicles. Do your part by being a safe and courteous driver. Inside are a few driving rules for your review.

Thanks and have fun!

See Inside



Bicyclists have the same rights and responsibilities as drivers of motor vehicles. Efforts are being taken to educate all bicyclists that they too must obey the rules of the road. As a motorist, you should drive carefully around a bicyclist because the slightest mistake by you or the bicyclist can result in injury or death.



The biggest differences between bicyclists and motorists as road users is that bicycles are less visible, quieter, and don't have a crumple zone around them. **Always be aware of bicyclists that may be on the road.** Here are some guidelines to help you share the road with bicyclists.



Reduce your speed when passing bicyclists, especially if the roadway is narrow.

Don't blast your horn when approaching bicyclists—you could startle them and cause an accident.



When a road is too narrow for cars and bikes to ride safely side by side, bicycles will "take the travel lane," which means riding in or near the center of the lane.

Recognize situations and obstacles which may be hazardous to cyclists, such as potholes, debris, and drain grates. Give bicyclists adequate space to maneuver.



Do NOT pass bicyclists if oncoming traffic is near. Wait as you would with any slow-moving vehicle. Your patience will only take a few seconds and can help prevent a serious crash or worse.



In bad weather, give bicyclists extra trailing and passing room, just as you would other motorists.

When uncertain in any situation, SLOW DOWN until it's safe to pass.



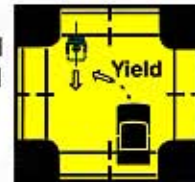
Give at least three feet of passing space between the right side of your vehicle and a bicyclist, just as you would with a slow-moving vehicle.

After passing a bicyclist on your right, check over your shoulder to make sure you have allowed enough room before moving over. Experienced bicyclists often ride 25-30 mph and may be closer than you think.



Do not pass bicyclists if you will be making a right turn immediately afterward. Always assume bicyclists are traveling through unless they signal otherwise.

When turning left at an intersection, yield to oncoming bicyclists just as you would yield to oncoming motorists.



Before opening your car door, always look for bicyclists who may be approaching.

Children on bicycles are often unpredictable—expect the unexpected, always take the safest approach.



When we all drive safely and are considerate of others, it is easy to Share the Road!

Tips for Bicyclists



Driving on the road requires care and courtesy whether you are driving a car or a bicycle. As road users, bicyclists must be predictable and obey all traffic laws by riding in a responsible manner.

Bicyclists fare best when they act and are treated as drivers of vehicles.

Do your part by being a good ambassador to bicycling. Inside are a few bicycle driving rules for your review.

Thanks and have fun!

See Inside

