

Safe Cycling

Tips for Bicycle Safety



Cycling can be a wonderful form of exercise, transportation, and enjoyment. But it can also be life-endangering if you fail to cycle safely.

Fitting Your Bike

Choose a bike that “fits” you. When you straddle the horizontal bar, there should be about one inch between the bar and your crotch. The seat should be high enough so that when the pedal is at its lowest point, your knee is just slightly bent. Handle bars should be level with your saddle and shoulder-distance apart.

Wear The Right Clothes

Wear firm-soled, non-slip shoes to prevent feet from slipping off pedals. Wear snug-fitting clothes to decrease “drag” and limit possibility of clothes becoming entangled in wheels or gears. Wear wool clothing for distance cycling or when cycling in cold weather to prevent loss of body heat (hypothermia).

Use Safety Equipment

A bicycle helmet is a critical piece of safety equipment and should always be worn regardless of how far you may be traveling. Wheel deflectors, headlamps, and reflective clothing should always be used for night-cycling. Safety “flags” that attach to the rear of your cycle can help approaching motorists see you more clearly.

Obey Traffic Laws

Always ride single file and stay to the right, going in the direction of traffic. Obey stop lights and all traffic signs. Be aware of cars even if they are parked (a suddenly opened car door can block your path and send you flying)! Avoid cycling in heavy traffic. If you must cycle in traffic, use approved bike lanes and yield to cars when necessary. Do not weave in and out of traffic lanes. Look out for pedestrians and always signal before turning, even if no one appears to be in sight. Watch out for gravel or uneven surfaces which can interfere with your traction.

