

HOW TO CROSS INTERSECTIONS

Busy intersections with traffic going in all directions can be dangerous for bike riders.

The safest way to cross is by dismounting and walking your bike like a pedestrian.



1. Signal that you are going to stop. Then stop, dismount and guide your bike onto the sidewalk near the corner of the intersection.



2. When it's safe to cross, walk your bike along the pedestrian path to the opposite corner. If you're continuing in a forward direction, check traffic and when safe, proceed, riding as far to the right as possible.



3. If you're making a wide left turn at the intersection, continue to walk your bike along the crossing going left when it's safe to do so. Guide your bike onto the sidewalk at the far corner.



4. Once again, check traffic front and back from the sidewalk. When it's safe, remount your bike and... staying as far to the right as possible... proceed cautiously with the flow of traffic.

TRAFFIC SIGNS



PEDESTRIAN CROSSING SIGNS make it clear, that folks are crossing the street around here.

So pay attention to what the sign says, and ride nice and slow while looking both ways.



STOP SIGNS are posted at each busy street, or at corners where criss-crossing traffic may meet.

They're a warning for all cars and bicycles too, to stop and proceed when it's safe to go through.



ONE WAY SIGNS are put up to show the direction in which all traffic must go; and whether you're riding on four wheels or two, obeying this sign is what you must do.



These signs are always put up to say "DO NOT ENTER" this street. You've gone the wrong way!" (Straight into traffic) I think you'll agree, that certainly isn't a safe place to be.



YIELD SIGNS tell you to slow down (and, why?) so you can let passing traffic go by! They're put up to warn you, they're signs you must heed; they tell you to wait 'till it's safe to proceed.

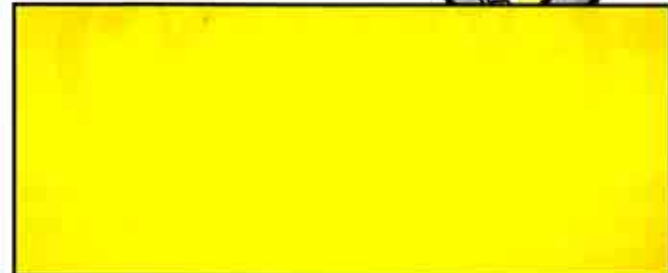
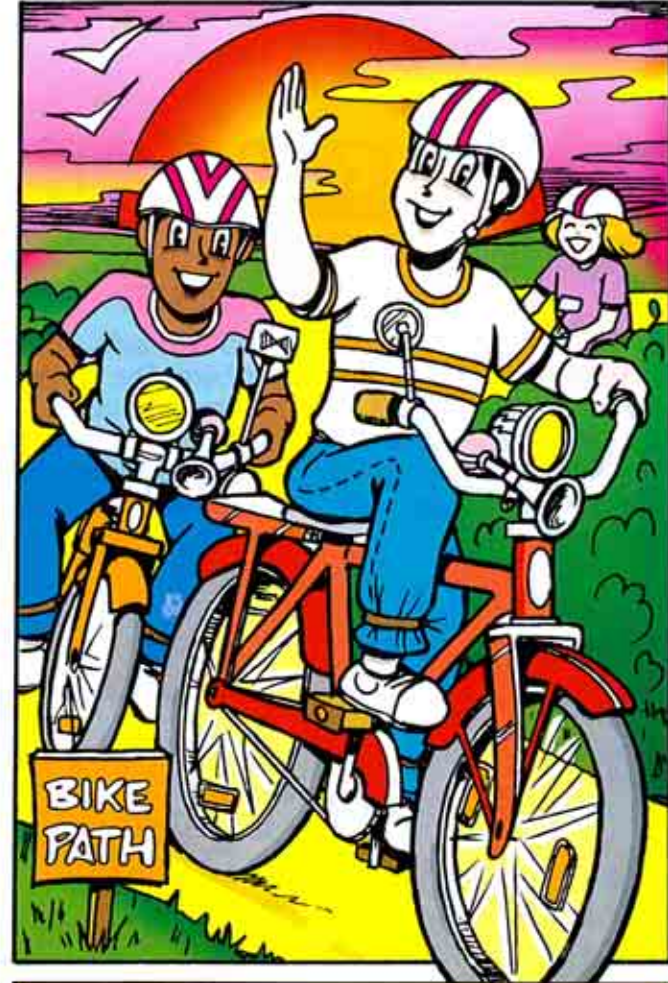


RAILROAD CROSSING SIGNS are great! Because they warn you to stop and wait; at railroad tracks with a watchful eye, to make sure a train's not about to go by.



CYCLE SAFETY

BIKE RIDER'S GUIDE



CYCLE SENSE

Bike riding is a lot of fun... great exercise and economical transportation. But remember, you're not alone on the road. Other bike riders, pedestrians and motorists present potential risks for accidents. This bike rider's Cycle Safety Guide will help you avoid accidents by keeping you focused on safety and common sense in the street.



USE YOUR HEAD...

Use your head to ride safe... not to land on if you fall from your bike. The smart way to use your head is by putting a safety helmet on it. Make sure it fits right. If it's too loose it won't protect you. You can make it nice and snug with adjusting pads, available at your local bike shop.

KEEP YOUR BIKE SAFE!



There are 10 key points to consider for safe operation of your bicycle. Review them in the following check list.

BIKE SAFETY CHECK LIST

1. Keep seat adjusted correctly, so that knee flexes slightly when pedal is at lowest point.
2. Make sure seat is solid and locked tight.
3. Be sure tires are properly inflated and spokes are tight and straight.
4. Check brakes for even braking power and safe braking distance.
5. Sprocket and chain must be oiled and tight.
6. Chain guard protects against catching pant legs or other loose clothing in chain.
7. Pedals must be secure and not wobble.
8. Handle bar should have a horn and a rear view mirror.
9. Headlight should be mounted on front fender or handle bars.
10. Be sure to install reflectors on rear of bike and on spokes.

BE VERY VISIBLE!



Try not to ride in the dark. But if you must, remember the easier it is for motorists to see you, the safer you will be. Wear bright, light colored clothing and put the proper lights and reflectors on your bike...

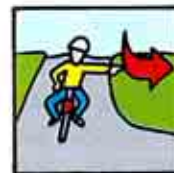
1. Headlight.
2. Pedal Reflectors.
3. Spoke reflectors, front and back.
4. Red rear reflector.
5. Reflective tape on clothing and helmet.

CYCLE SAFELY

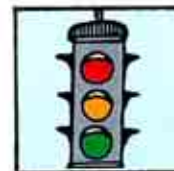
Remember, your bike is not a toy. It is a vehicle on the road and is subject to traffic laws and rules of safe conduct.



1. While riding in the street, go in the same direction as traffic, but stay far over to the right side of the road.



2. Use proper hand signals so motorists will know when and where you will stop or turn. (See hand signal section below.)



3. Stop at every red light, just like a car. Always look to the right, left, and right again before proceeding into an intersection.



4. Side saddle carriers or a back pack is a safer way to carry stuff than in a handle bar basket because there's no chance that your view will be obstructed.

HAND SIGNALS

Be sure you know how to make the proper signals for turning to the left, the right, and for stopping. All signals are done with the left hand.



LEFT TURN

Extend arm straight out to the left.



RIGHT TURN

Raise left hand at a right angle.



STOP

Lower left hand at a right angle.