

Rules for *Bicyclists*

Driving on the roads 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.**

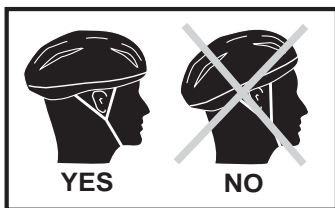
Do your part by being a good ambassador to bicycling. Below are a few bicycle driving rules for your review.



Thanks and have fun!

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.

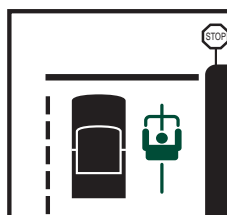


Wear a Helmet Correctly

Helmets are required by law for anyone under 16 but everyone should wear a helmet to prevent head injury. Your helmet should be level and snug.

Be Prepared for Conditions

Always carry appropriate repair 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

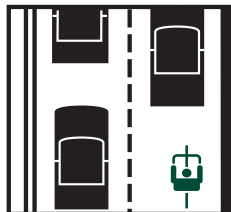
Ride with traffic. Obey stop signs, traffic lights, and other traffic controls. Bicyclists fare best when they act and are treated as drivers of vehicles.

Be Visible and Predictable

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

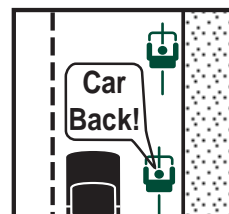
Ride with Traffic

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.



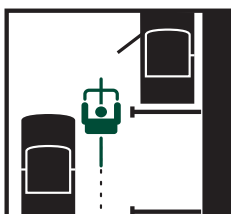
Ride Single File in Traffic

Always ride single file 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.

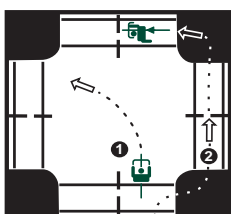
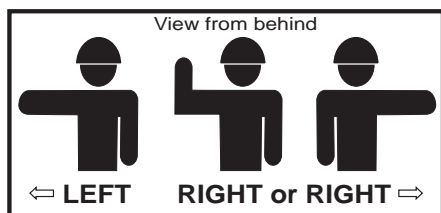


Watch for Potential Hazards

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 ❶ by moving into the left side of the travel lane (or left turn lane). **OR** Cross like a pedestrian ❷ by stopping, dismounting, and walking across crosswalks.

Always Ride with Lights at Night

Bicycle reflectors are not sufficient for safety. Maine State Law requires a headlight and red taillight visible from at least 500 feet when riding at night. Flashing tail lights and reflective clothing are recommended.



For More Information

The **Bicycle Coalition of Maine (BCM)** advocates bicycling safety, education, and access in Maine. Our vision is to make Maine accessible and safe for all bicyclists so they may comfortably and responsibly bicycle. The BCM



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promotes bicycling for transportation, health, recreation, and fun to enhance our communities, environment, and economy. Contact the BCM at P.O. Box 5275, Augusta, ME 04332 (207) 623-4511, BCM@BikeMaine.org

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