

# Safety Tips for Bicyclists



*Do your part by being a safe and courteous bicyclist.*



Fig. 1



Fig. 2

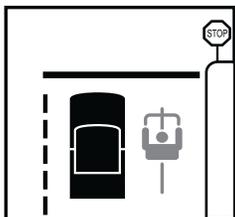


Fig. 3

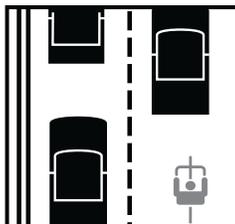


Fig. 4

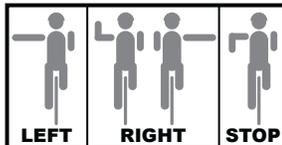


Fig. 5

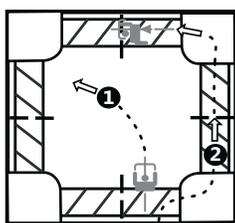


Fig. 6

Below Are A Few Suggestions For **Safe, Enjoyable Bicycling**:

## ◆ Maintain Your Equipment

Take your bicycle to a bike shop at least once a year for a professional inspection and tune-up. Check all racks and accessories often to be sure they are tightly secured. Always carry appropriate repair supplies and plenty of water.

## ◆ Be Visible

Wear bright colors. When riding at night, Maine State Law requires a headlight on front and a red or amber reflector or light on the back. Both must be visible from at least 200 feet. In addition, we recommend you use a taillight and reflective clothing for night riding (Fig. 1).

## ◆ Wear Your Helmet Correctly

Helmets are required by law for anyone under 16, but everyone should wear a helmet to prevent a head injury. Your helmet should be level and snug (Fig. 2). *For details, go to [www.bikemaine.org/safetyeducation/bike-safety](http://www.bikemaine.org/safetyeducation/bike-safety).*

## ◆ Obey The Rules Of The Road

Ride straight and in a predictable manner. Plan ahead and allow time to maneuver around road hazards and to negotiate with traffic and open car doors. Yield to pedestrians and obey all traffic signals and signs (Fig. 3).

## ◆ Ride With Traffic

Always ride on the right side of the roadway with traffic. Use caution if passing other traffic on the right. When approaching an intersection, use the appropriate lane for the direction you intend to travel (left, straight, or right) (Fig. 4).

## ◆ Signal All Turns

Look back before you make a lane change or turn. Signal safely in advance using proper hand signals (Fig. 5).

## ◆ Make Left-Hand Turns Safely

**Option 1:** You may turn left, as a vehicle, by moving into the left side of the travel lane, or left turn lane. Or, **Option 2:** Stop, dismount, and walk your bicycle across crosswalks (Fig. 6).

*When we all practice safety and are considerate of others,  
it's easy to share the road!*



# Safety Tips for Motorists



*Do your part by being a safe and courteous motorist.*

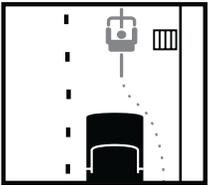


Fig. 7

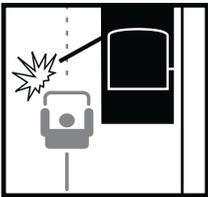


Fig. 8



Fig. 9

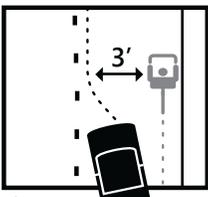


Fig. 10

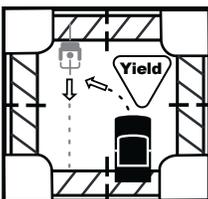


Fig. 11

## Here Are Some Suggestions From The Maine Bicycle And Pedestrian Safety Education Program:

### ◆ Expect Bicyclists On The Road

Always expect to encounter a bicyclist on the road: on all types of roads, in all types of weather and at all times of the day and night. Bicyclists may be riding in the travel lane for their own safety due to narrow roads, obstacles, or broken pavement (**Fig. 7**). Before opening your car door, check for bicyclists who may be approaching (**Fig. 8**).

### ◆ Don't Use Your Horn

Honking your horn when approaching a bicyclist could startle them and cause a crash (**Fig. 9**).

### ◆ Pass With Care - Give Bikes 3 Feet

Pass a bicyclist as you would any slow-moving vehicle. Slow down, wait until oncoming traffic is clear and allow a minimum of 3 feet of clearance between your car and the bicyclist. When passing, Maine law allows a motorist to cross a double yellow line to pass a bicyclist, if and when it is safe to do so. After passing a bicyclist, check over your shoulder to make sure you have allowed enough room before moving over. Experienced bicyclists often ride 25 to 30 mph and may be closer than you think (**Fig. 10**).

### ◆ Use Extra Caution In Bad Conditions

In bad weather, give bicyclists extra trailing and passing room. When uncertain in any situation, slow down until it's safe to proceed.

### ◆ Be Careful In Intersections

Always assume bicyclists are traveling through an intersection unless they signal otherwise, and yield to them as you would to any other slow-moving vehicle. Do not turn left or right in front of bicyclists unless you can do so safely — IT'S THE LAW (**Fig. 11**).

## The Maine Bicycle And Pedestrian Safety Education Program

For additional information, go to [www.bikemaine.org](http://www.bikemaine.org) or contact the Bicycle Coalition of Maine at (207) 623-4511 or [info@bikemaine.org](mailto:info@bikemaine.org)

