



Obey Traffic Laws

Bicycles are considered vehicles. Bicyclists must obey the same rules as motorists.

Learn and follow all the traffic signs, laws, and rules for operating a vehicle on the road. Always signal your moves. Be courteous to pedestrians and other vehicle operators. Never wear headphones while riding, as they impair your ability to hear traffic. Become familiar with the accommodations that are available for bicyclists in your area. These include bicycle lanes and routes as well as off-road paths. Take advantage of these whenever possible.



Secure Your Wheels

Wheels should be securely fastened. If your bicycle has quick release wheels, make sure they are firmly closed at all times and use the safety retainer if there is one. Check your wheels before every ride, after any fall, or after transporting your bicycle. Read your bicycle Owner's Manual for instructions and follow them. If you are even slightly confused about what "firmly closed" means, talk to your bicycle dealer before you ride.



For more information, please contact:

City of San Leandro

Engineering & Transportation Department

510-577-3482



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City Of San Leandro

Engineering & Transportation Department

Adult Bicycle Safety Tips



Tel: 510-577-3428



Adult Bicycle Safety Tips



Protect Your Head

Wear a helmet. Never ride a bicycle without a helmet. The National Highway Traffic Safety Administration recommends that bicyclists wear a helmet that complies with the ANSI standard. Bicycle helmets can reduce head injuries by 85 percent. Select a helmet that fits snugly and sits flat on the head. For children, use the extra padding that comes with the helmet to ensure a proper fit. This padding can be removed as the child grows.

Assure Bicycle Readiness

Make sure your bicycle is adjusted properly. You should be able to stand over the top tube of your bicycle with your feet flat on the ground. Adjust your bicycle to fit you (see your bicycle Owner's Manual). Before using your bicycle, check to make sure all parts are secure and working well. The handlebars should be firmly in place and turn easily. Your wheels must be straight and secure. Add a carrier to the back of your bicycle if you need to carry things.

Stop It

Always check brakes before riding, so that you can rely on your brakes to control your speed. If your bicycle has hand brakes, apply the rear brake slightly before the front brake. Always keep your brakes adjusted. If you cannot stop quickly, adjust your brakes. Consult your bicycle Owner's Manual or have a bicycle shop adjust the brakes. When your hand brake levers are fully applied, they should not touch the handlebars. Each brake shoe pad should wear evenly and never be separated more than one eighth inch from the rim. Ride slowly in wet weather and apply your brakes earlier – it takes more distance to stop.

See and Be Seen

Wear clothes that make you more visible. Always wear neon, florescent, or other bright colors when riding a bicycle. Avoid biking at night. It is far more dangerous to bicycle at night than during the day. Most bicycles are equipped for daytime use and need to be adapted for nighttime use. If you must ride at night, you should do the following:

- ◆ Equip your bicycle with reflectors. These should be permanently installed on bicycles for daytime use also. If a carrier is added, make sure the rear reflector remains visible.
- ◆ Add the brightest lights you can find to the front and rear of your bicycle.
- ◆ Wear reflective clothing or material – not just white or florescent – especially on your ankles, wrists, back, and helmet.
- ◆ Only ride in areas familiar to you. Brightly lit streets are best. Always assume you are not seen by a driver.
- ◆ Young children should **NOT** ride at night.



Check for Traffic

Always be aware of the traffic around you. Over 70 percent of car-bicycle collisions occur at driveways or other intersections. Before you enter any street or intersection, check for traffic. Always look left-right-left, and walk your bicycle into the street to begin your ride. If already in the street, always look behind you for a break in traffic, then signal before going left or right. Continue to watch for traffic as you make your turn.

Stay Alert

Always keep a lookout for obstacles in your path. Stay alert at all times. Watch out for potholes, cracks, expansion joints, railroad tracks, wet leaves, drainage grates, or anything that could make you fall. Before going around any object, scan ahead and behind you for a gap in traffic. Plan your move, signal your intentions, and then do what you planned.

If you are unsure, or lack the skill to handle an especially rough area, pull off to the right side of the road and walk your bicycle around the rough area. Be especially careful in wet weather and when there could be ice or frost on your path. Cross all railroad tracks at a 90 degree angle and proceed slowly. Use special care on bridges.



Go With the Flow

The safe way is the **RIGHT** way. Ride on the right side of the road in a straight, predictable path. Always go single file in the same direction as other vehicles. Riding against traffic puts you where motorists don't expect you. They may not see you, and could pull across your path or turn into you.

Young children, typically under the age of nine, are not able to identify and adjust to many dangerous traffic situations, and therefore, should not be allowed to ride in the street unsupervised. Children who are permitted to ride in the street without supervision should have the necessary skills to safely follow the "rules of the road." Refer to the brochure entitled "Parents Guide to Child Bicycle Safety" for more tips.