

# facts on

## Bicycle Safety

The best way to avoid getting hurt while cycling is to practice safe bicycling. Here are some simple rules that will help you avoid injury and have fun.

- Yield right-of-way to all pedestrians. Have a bell on your bike to alert pedestrians that you are there.
- Do your riding in the daytime. Wear light coloured clothing and use **reflective tape** on both your clothes and the bike if you must ride at night. If you are riding after dark, your bike must have a working headlight and a red rear reflector.
- Ride **single** file.
- Never carry a passenger on your bike.
- Ride on the **right hand side** with traffic. Never ride on the wrong side of the road against traffic.
- Ride **one metre** from parked cars. Watch for car doors opening.
- Stop, look and listen when you enter any street.
- At busy intersections do not attempt to make left turns. Stop and **walk your bike** across in the pedestrian crosswalks, until you are on the street you wish to travel.
- **Stay visible.** Prevent putting yourself in a position where cars can cut you off when turning either left or right.
- Remember, a bicycle is a vehicle.
- Observe all traffic signs and regulations.
- Use "shoulder checks" and **hand signals** to let others know what you intend to do.
- Keep your eyes on the road and traffic.
- Avoid freeways and busy streets when possible.
- Keep your bike under control - no trick riding.
- Avoid riding near the extreme edge of the pavement. You will be more visible for the motorists.
- Always keep your bike in good mechanical condition through frequent check-ups.
- Make sure you have the correct bicycle size for you.
- Always wear an approved **bicycle helmet**.



### For More Information Contact:

1319 Colony Street  
Saskatoon, SK S7N 2Z1  
Bus. 306.651.4300  
Fax. 306.651.4301  
info@skprevention.ca  
www.skprevention.ca

### The Saskatchewan Prevention Institute is supported by:

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Community-At-Large



**USE CAUTION AROUND:**

- Train Tracks
- Rocks
- Loose gravel
- Leaves
- Sewer grates
- Glass
- Potholes or loose pavement
- Slippery pavement
- Puddles (may hide potholes)



**Before you ride**

**Helmet**

- Do you have your helmet?
- Does it fit correctly?
- Is it adjusted properly?

**Clothing**

- No sandals or bare feet?
- Are your shoelaces tied?
- Is your clothing safely away from the chain and spokes?

**Carrying**

- Do you have a rack or backpack?

**ABC Quick Check**

**A**ir (Tires, Wheels, Spokes)

**B**rakes (Pads, Cables, Handlebars)

**C**hain (Oil, Pedals, Derailleur)

**Q**uick Release (Axles tight)

**C**heck (Bounce check for loose parts)

**T**ry your brakes as you ride off

