

# *Bicycle Safety Skills*

Presented by:  
**MassBike Cape and Islands Chapter**

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# Welcome to Cape Cod



# **Bikes are vehicles?**

## **What does that mean?**

- **That means you should drive your bike as if you are driving a car.**
- **Preferred Cyclist Behaviors:**
  - **You must follow the Rules of the Road and obey all signs and traffic signals.**
  - **You must drive your bike in the same direction as other traffic.**
  - **Ride predictably, hold your line , don't weave in and out of traffic.**
  - **You may drive your bike in the road lane if conditions permit and you are comfortable doing so.**
  - **You may drive two abreast where road and traffic conditions permit.**

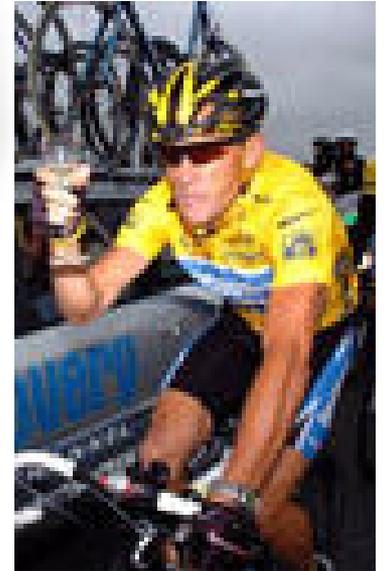


# Get ready to ride and Protect Yourself

## Wear a Helmet

For your safety, you should always wear a well fitted Bicycle Helmet.

The law requires that bicyclists age 16 and younger must wear a helmet.



## Be Bright and Dress Right

Wear light, white or Bright clothing and make sure you have no loose shoe laces, straps, or clothing that can get caught in moving parts.

## Check your Bike for Safety!

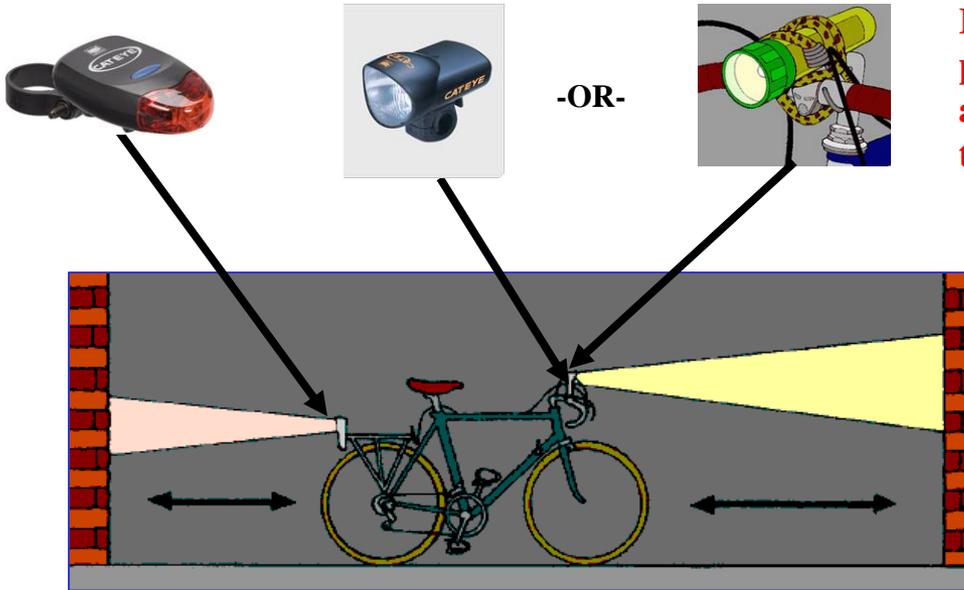
Do the A B C Quick Check by checking your Air (Tire pressure), Brakes, Chain (and gears), and Quick Releases on your wheels to be sure they are all working properly.



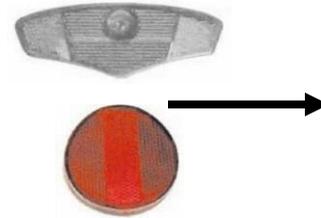
# Get ready to ride and Protect Yourself

## Equip your bike for Night Riding

Your bike must be equipped with a white headlight and red taillight for night riding. They must be on if you are riding anytime from 1/2 hour after sunset until 1/2 hour before sunrise

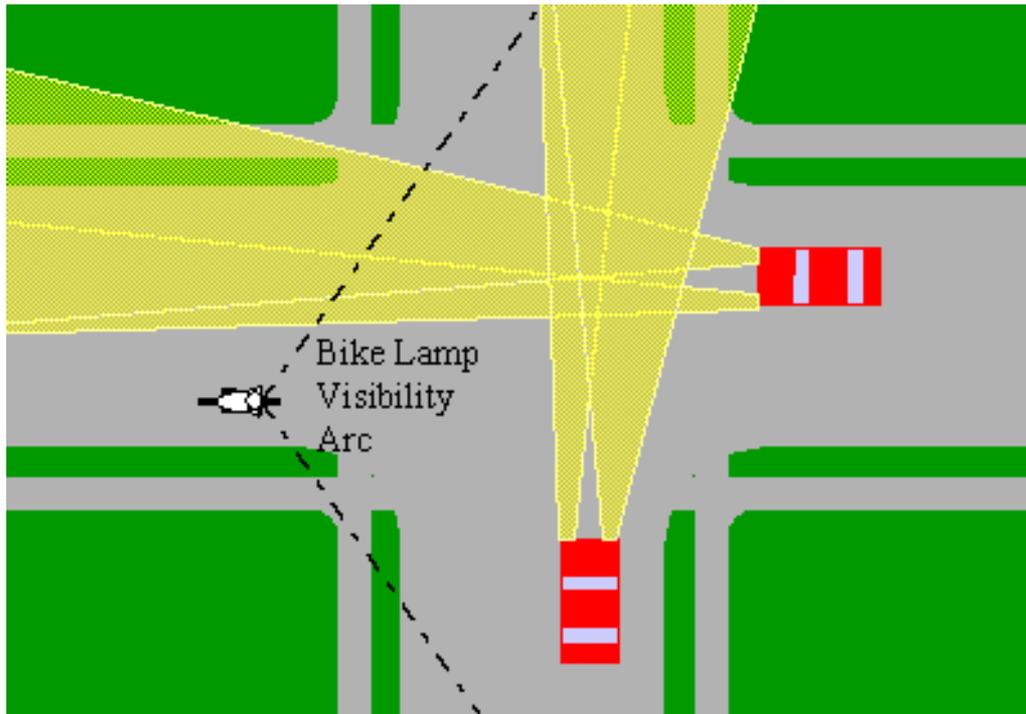


Reflectors must be on the pedals, both wheels, and at the front and rear of the bike.



# Night Riding

You always need to be visible and predictable



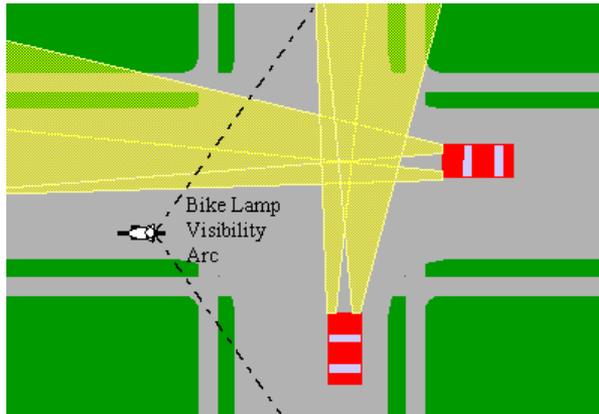
**1- Automobiles can't see you because their headlights do not illuminate your reflectors.**

**A headlight on the bicycle is much more visible to automobile drivers in these locations**



# Night Riding

You always need to be visible and predictable



**1- Vehicles can't see you because their headlights do not illuminate your reflectors. A headlight on the bicycle is much more visible to drivers in these locations**

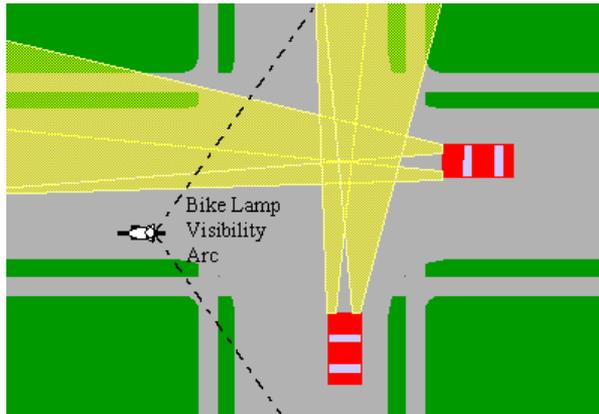
**2- An approaching cyclist in the roadway under a street lamp, with no front light**

**Vehicles cannot see you.**



# Night Riding

You always need to be visible and predictable



**1- Vehicles can't see you because their headlights do not illuminate your reflectors. A headlight on the bicycle is much more visible to drivers in these locations**

**2- An approaching cyclist in the roadway under a street lamp, with no front light**

**Vehicles cannot see you.**

**3- A cyclist approaching in the same position as picture number 2, this time with a headlight.**

**With lights, they can see you**



# Signal Your Turns

**Bicyclists must use hand signals when stopping and turning.**

- **Signal then put both hands back on the handlebars!**
- **Don't signal when it is dangerous to take a hand off the bars!**



# Signal Turns



## Left Turn

To make a **left** turn extend your left arm straight out to the side

As viewed from the rear



# Signal Turns



## Left Turn

To make a **left** turn extend your left arm straight out to the side



## Right Turn

To make a **right** turn, bend your left **-OR-** arm in an upward position.



Extend your right arm straight out to the side.

As viewed from the rear



# Signal Turns

**You must use hand signals to let people know you plan to stop or turn.**



## Left Turn

To make a left turn extend your left arm straight out to the side



## Right Turn

To make a right turn bend your left **-OR-** arm in an upward position



Extend your right arm straight out to the side.



## Stop

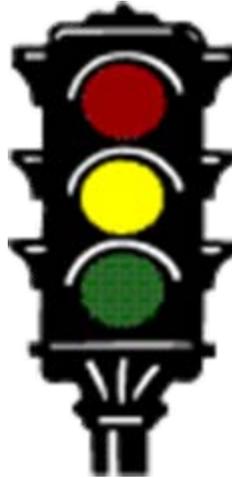
To Stop extend your left arm in a downward motion.



# Understanding our Road Signs and Traffic Lights



**Cars and  
bicyclists go.**



**Slow down and  
prepare to stop.**



**Cars and  
bicyclists stop.**



# Understanding our Road Signs and Traffic Lights



Cars and bicyclists go.



Slow down and prepare to stop.



Cars and bicyclists stop.



Pedestrians and bikers walking their bicycle can cross the street.



**Use caution.**

If you are in the street, finish crossing the street.



# Understanding our Road Signs and Traffic Lights



Cars and bicyclists go.



Slow down and prepare to stop.



Cars and bicyclists stop.



Pedestrians and bikers walking their bicycle can cross the street.



**Use caution.**

If you are in the street, finish crossing the street.



**You must come to a complete stop at a STOP sign.**



**Slow down and be ready to stop.**

If there are pedestrians or vehicles in or nearing the intersection, you must stop. If there is no traffic in or nearing the intersection and it is safe, you may go through.

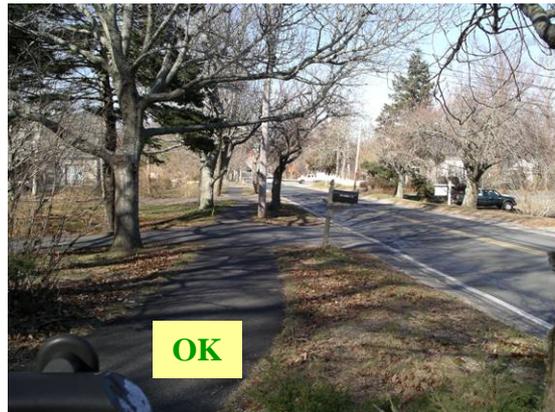


# Sidewalks

**Do not drive your bicycle on the sidewalk on Main Street.**



**You may only drive your bicycle on sidewalks outside business districts**



# Bicyclists must Share the Road/Bike Path and Yield to Pedestrians



## Head-On

- Bikers should keep to the **RIGHT**

## Approaching from the Rear

- Pass as far away as you can to avoid startling them.
- Give them an **audible signal (Horn/Bell) or say "Passing left," or "Passing right"**
- Give Kids as much space as you can and never get between a child and its parent.

## Crosswalks

- Pedestrians have the right of way in crosswalks where there are no functioning traffic signals.
- You must slow or stop to let someone cross who is on your half of the road or close to it.
- Slow down, if someone is approaching a crosswalk, try to get their attention.
- Stop if they step out in front of you.



## Intersections between the Bike Path and a Road

- You must **STOP** at **All** road crossings.
- Remember you are considered a vehicle when driving your bike and you must **wait until it is clear before crossing a road.**
- When you walk your Bike you are considered a pedestrian and you have the right of way.



## Meeting on a Road

- On a road without sidewalks, you will meet head-on so give pedestrians or joggers the shoulder and you should drive your bicycle on the road.
- Again, signal your intention.



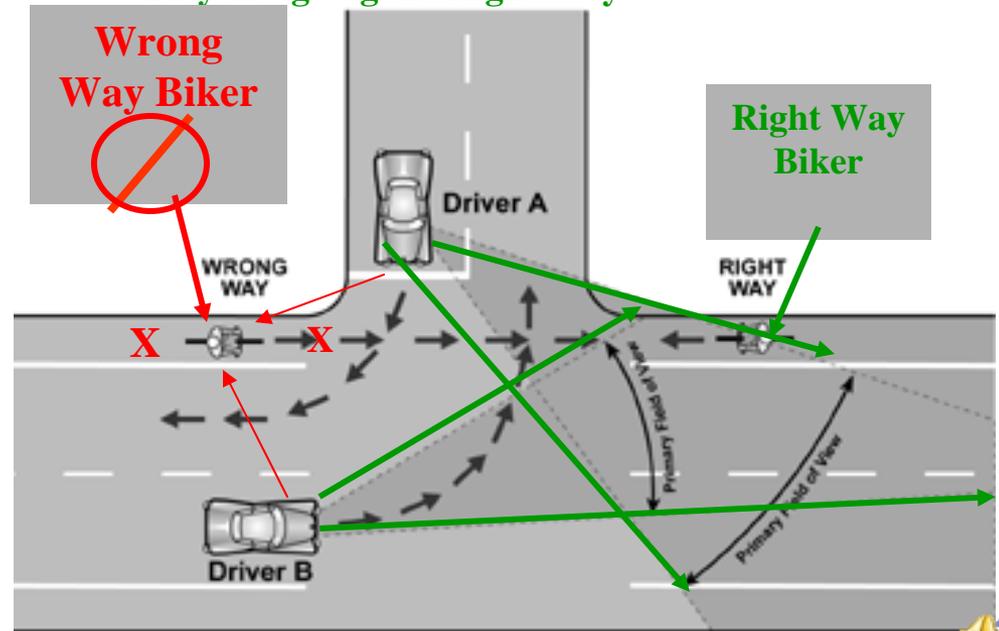
# Basics of Traffic Cycling

When driving your Bicycle you are considered a vehicle and must obey all traffic laws.

- You must **signal** when you plan to stop or turn.
- You must **give pedestrians the right of way** and audible signal before overtaking or passing them. Ring your Bell or say “passing left” or “passing right”
- You Must **Drive** your bicycle on the **Right** Side of the Road
- You may drive you bike **two abreast** (two bicycles, side-by-side) except when faster vehicles need to pass. So stay in a single file when cars need to get by! On multi-lane roads, you can ride two abreast, but all the cyclists in your group must stay in one lane.

- Driving against traffic (On the **LEFT**) puts you in a collision path with vehicles coming from the **other direction**.
- You also **cannot see** traffic lights
- You are **directly in the path** of oncoming bicyclists.
- Wrong-way bicyclists **get hit** because they are not where car drivers are looking, primarily at intersections.
- The wrong way cyclist is **outside of the field of view** of both driver A and driver B.

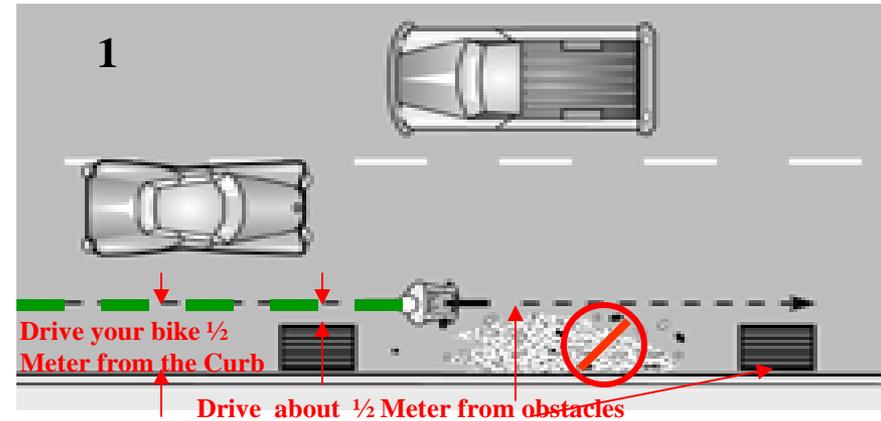
Both Drivers have a clear view of the Bicyclist going the Right Way



# Basics of Traffic Cycling

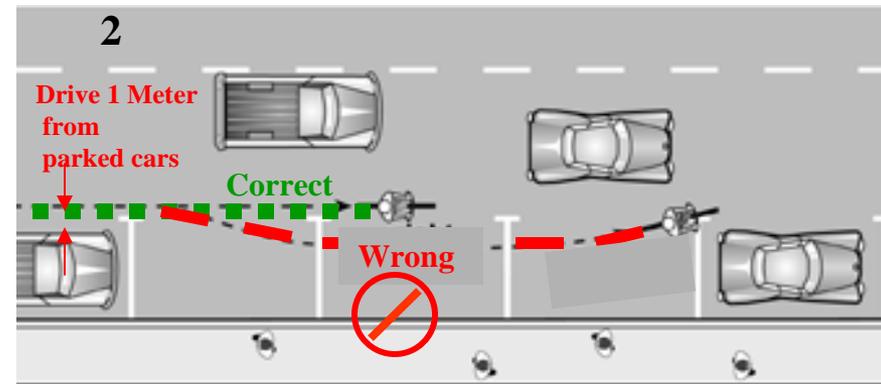
## Where to drive your bike

1-Drive your bicycle a **safe distance** away from hazards along the edge of the road such as drain grates and debris.

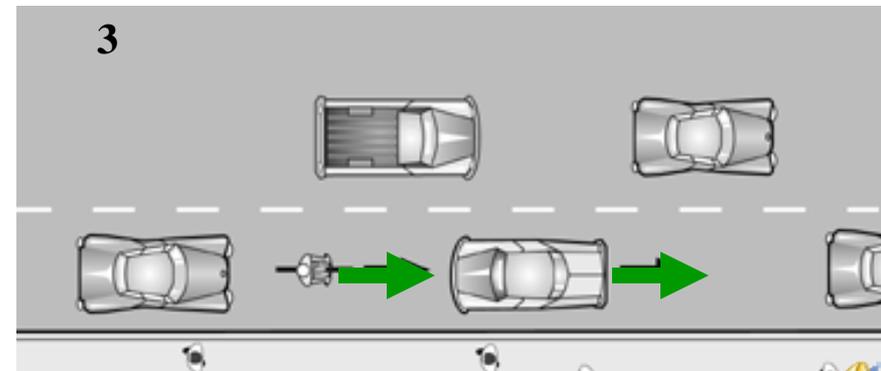


2-Drive your bicycle on a **straight line**.

- Don't weave around parked cars.
- Allow 3 feet (1 Meter) from a parked car whose door might open.



3-If the lane is too narrow to share with a car, drive your bicycle **in the middle** of the lane.



# Biking in Town

Be careful as many of our roads are narrow and some of our intersections are challenging:

## 1-Rail Trail crossing at a Main Street

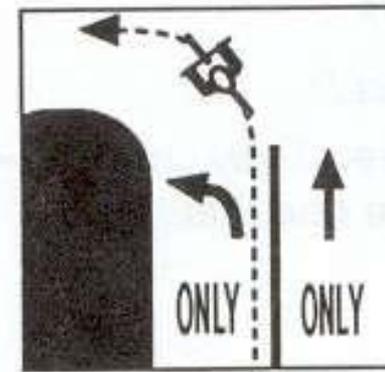
-Please **dismount and walk your bike** when crossing this intersection.



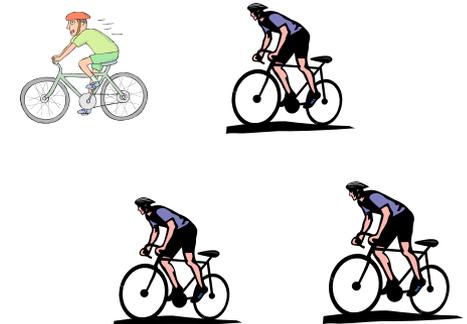
## 2-This is a busy intersection where major roads come together and there are no traffic signals.



## 3-Making a left turn



## 4-This is a very busy intersection with special sensors that will change the signal lights for Bicyclists.



# Summary

- These concepts may be confusing at first, but with practice they become natural and they are not different from driving a car.
- When **Driving** your Bicycle you are considered a **vehicle** and must obey **all** traffic laws.
- Having a bike in good working order, a well-fitting **helmet**, and **lights** for safe night driving are essential.
- You must give pedestrians the **right of way**.
- You must give pedestrians an **audible signal** before overtaking or passing them.
  - Use a Bell or say “passing on the left” or “passing on the right”
- Drive your bicycle on the **Right** side of the road.
- Keep to the **Right** portion of the travel lane, being sure to allow about 2 feet or ½ Meter of space from the edge of good pavement or from a raised curb, and about 3 feet or 1Meter from a parked car as a door might open.
- We wish you a safe and enjoyable summer on Cape Cod.



**Produced in conjunction with the The Orleans Bike and Pedestrian Committee incorporating the 2009 Massachusetts Bike Safety Law and safety information available through Mass Bike.**

**Artwork and Audio created and adapted by John Fallender.**

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