

BICYCLING LAWS AND SAFETY TIPS



Learn and obey traffic laws. Bicycles are considered vehicles and bicyclists are expected to obey the same traffic laws and regulations that apply to motor vehicle operators (e.g., traffic signs, lights, signals, and markings).



Always ride with the flow of traffic. Never ride against the flow of traffic.



Use hand signals to indicate your intended action (e.g., right/left turn, slowing down or stopping).



Use a headlight and rear reflectors. Virginia law requires that a bicycle in use between sunset and sunrise be equipped with a white light on the front and a red reflector on the rear of the bicycle.



Make sure the bicycle is properly maintained and adjusted. Always check the brakes and other components before riding.



Be aware of your surroundings and ride defensively. Watch for road hazards and anticipate the actions of other road users.



Be visible. Bicyclist should wear clothing that maximizes visibility (i.e., reflective or bright colors) and be aware of motor vehicle blind spots.



Wear a properly fitted helmet. The majority of bicycle-related injuries are head injuries.



Plan your route prior to leaving home to select the most appropriate route.



Be predictable. Ride in a straight line, avoid making sudden movements, and indicate your intended action by using hand signals.



Do not ride beyond your cycle abilities. Walk your bicycle when you get into traffic situations beyond your cycling abilities.



Park your bicycle so you do not block sidewalks, handicap and building accesses or emergency drives.



Lock your bicycle. Secure the frame, and both wheels if possible, to a stationary object using a sturdy lock.



Do not ride on sidewalks. If you must use a sidewalk, dismount and walk your bike until you can safely resume riding with the flow of traffic.

Note: Valley Metro will begin equipping buses with bike racks in late 2006. The current Valley Metro policy allows bicycles to be brought onto all buses, provided space is available. This policy will be in effect until all Valley Metro buses are equipped with bike racks.