

Top Ten Bicycle Safety Tips

1. Be a responsible bicyclist – obey all traffic signals and use proper hand signals.
2. Always ride with the flow of traffic.
3. Dress safely – use a helmet, wear brightly colored clothing and secure loose pant legs.
4. Maximize your visibility at night – wear reflective clothing and apply reflective tape to your bicycle.
5. Ride defensively – anticipate the actions of others on the road and watch for road hazards.
6. Pass vehicles with extreme care – turning vehicles may not see you.
7. Be aware of motor vehicle blind spots.
8. Walk your bicycle when you get into traffic situations beyond your cycling abilities.
9. Don't carry bundles that prevent you from keeping a firm grip on the handlebar.
10. Lock your bicycle – secure both wheels and the frame to a stationary object using a sturdy lock.

SHARE THE ROAD

The Norfolk Bike Program is all about creating a bike-friendly city. Through education, planning and the *We Roll Together* campaign, Norfolk is changing the way all users of the road relate to one another. So no matter how you roll - slow your roll, know your role and share the road!

This sign indicates a sharrow. Please..
Share the Road!



www.norfolk.gov/RollTogether

WE ROLL TOGETHER

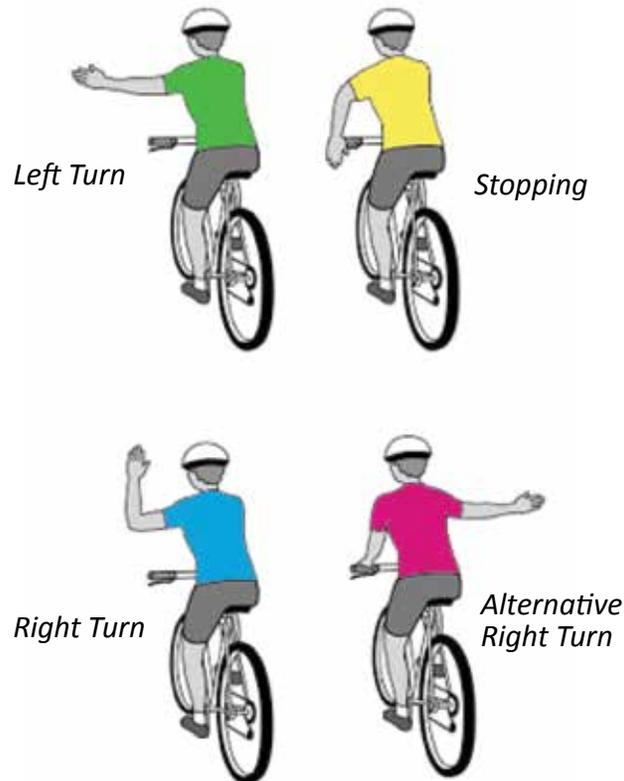


SLOW YOUR ROLL

Slow down and share the road!

- Bicyclists have the same rights to the road as motorists.
- Approach and pass a bicyclist at a reasonable speed.
- Pass a bicyclist with at least two feet to the left of the bicyclist. **It's the law!**
- Bicyclists may pass another vehicle on the right or left, and they may stay in the same lane, change lanes, or ride off the road if necessary for safe passing.
- Learn the proper bicycling arm signals.
- Look out your side mirror to make sure it is clear before opening the car door.

Turning or Stopping Bicycling Signals



KNOW YOUR ROLE

Know the rules and be a safe cyclist!

- Bicyclists are subject to the same traffic regulations as motorists including yielding the right-of-way when required and obeying traffic signals and signs.
- Learn the proper arm signals - bicyclists must signal their intention to stop or turn.
- Ride only with the flow of traffic on the right side of the road or highway.
- Ride as close as safely possible to the right curb or edge of the road.
- Bicyclists may not ride more than two abreast and cannot impede the movement of traffic.
- Always wear your helmet!

Did You Know?

- Did you know it is law that children 14 years old and younger must wear a helmet when bicycling? It is recommended everyone wear a helmet!
- Did you know every bicycle operated on the street must have a bell or other device that is audible to at least 100 feet? Bicyclists riding between sunset and sunrise must also have at least one white headlight and one red reflector; and if riding on roads posted 35 miles or greater at night, the bicycle must also have a red taillight.
- Did you know it is against the law to carry an additional person on a one-seated bicycle? Bicyclists must also ride with at least one hand on the handlebar.