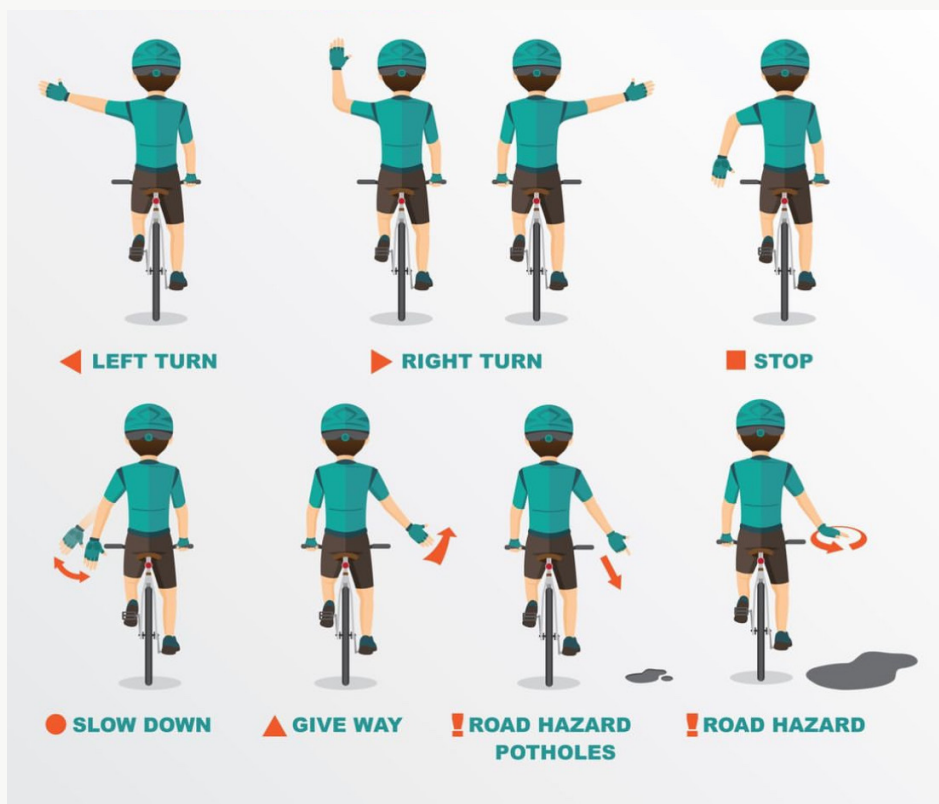




# BASIC BIKE SAFETY

## Cycling Hand Signals



## Cycling Signaling Tips Video ▼



Here is a video from the *League of American Bicyclists* with some simple cycling hand signal tips.

Scan the code to watch.

## DOs and DON'Ts

### Do ✓

- Wear a **helmet** at all times. This is required in Finish The Ride events.
- Ride smoothly and predictably.
- Leave **2 bike-lengths** of space between you and the rider ahead.
- **Call out** turns, road hazards, stopping, slowing, etc.
- Use **hand signals**.
- Stay attentive and keep your hands where you can access the brakes.
- Check intersections for your own safety.
- Watch for potholes and rough roads, especially going downhill.

### Don't ✗

- Swerve, surge, or brake suddenly.
- **Draft** behind the rider ahead.
- Overlap your wheel with the wheel ahead of you.
- Use **aerobars** or positions that compromise control.
- Wear **headphones** or play loud music.