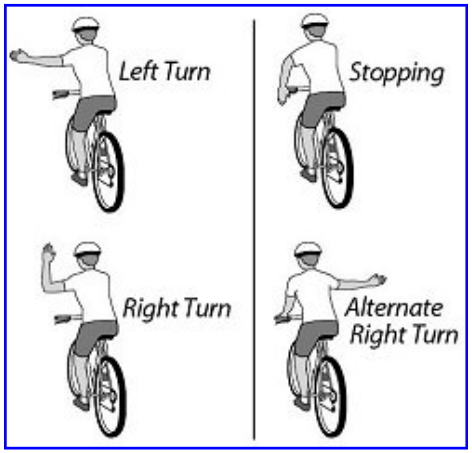
Bicycles have the right to use Florida roads, however, bicyclists must ride defensively, and be prepared to yield at all times.

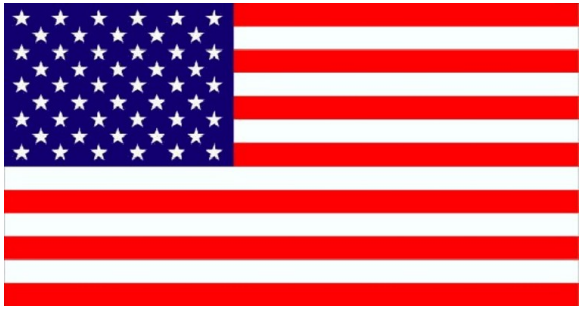
Being a smaller vehicle on a road full of larger, faster vehicles can be quite intimidating. Urban sprawl has made it much more difficult to operate slower moving vehicles in this fast moving culture. Nevertheless, cyclists must learn techniques and practice skills to operate safely and confidently on the roadways

SAFETY MUST BE YOUR TOP PRIORITY

Safety measures such as selecting the appropriate size bicycle, obtaining proper safety equipment, learning and adhering to all laws of the road, and properly maintaining all of your cycling equipment, should be top priorities before venturing out for a ride.

The responsibility of safely navigating on the roadways falls on every cyclist. Motorists must know what your intentions are concerning turning maneuvers and stopping. Cyclists should seek out and gain knowledge on proper hand signals, practice them, and utilize them consistently.





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COURAGE, KNOWLEDGE, INTEGRITY

BICYCLE SAFETY

A GUIDE FOR CHILDREN AND ADULTS

WORKING TOGETHER FOR A SAFER COMMUNITY

Before using your bicycle, make sure it is ready to ride. You should always inspect your bike to make sure all parts are secure and in proper working order.

Adjust your bicycle to fit.

There should be 1 to 2 inches between you and the top tube (bar) if using a road bike and 3 to 4 inches if a mountain bicycle while standing. The seat should be level front to back. The seat height should be adjusted to allow a slight bend at the knee when the leg is fully extended. The handlebar height should be at the same level with the seat.

Check your equipment.

1. **Keep the bike in good repair.**
   Before riding, inflate tires properly and check that your brakes and chain work properly.

2. **Use lights at night or when visibility is poor.**
   The law requires a strong headlight, tail light, and reflectors at night. Reflective tape works well also.

3. **Dress appropriately.**
   In rain, wear a poncho or a parka made of fabric that "breathes". Avoid loose clothing. Purchase a "strap" at a local bike store to control your right pant leg to avoid catching it in the bike chain.

4. **Use a pack or rack to carry things.**
   Saddlebags, racks, baskets, and backpacks are all good ways to carry packages, freeing your hands for safe riding.

"Easy Steps to Properly Fit a Bicycle Helmet."

Step 1 - Size:
Measure your head for approximate size. Try the helmet on to ensure it fits snuggly. While it is sitting flat on top of your head, make sure the helmet doesn't rock side to side. Sizing pads come with new helmets; use the pads to securely fit to your head. In your child's helmet, remove the padding when your child's head grows. If the helmet has a universal fit ring instead of sizing pads, adjust the ring size to fit the head.

Step 2 - Position:
The helmet should sit level on your head and low on your forehead—one or two finger-widths above your eyebrow.

Step 3 - Buckles:
Center the left buckle under the chin. On most helmets, the straps can be pulled from the back of the helmet to lengthen or shorten the chin straps. This task is easier if you take the helmet off to make these adjustments.

Step 4 - Side Straps:
Adjust the slider on both straps to form a "V" shape under, and slightly in front of, the ears. Lock the slider if possible.

Step 5 - Chin Strap:
Buckle your chin strap. Tighten the strap until it is snug, so that no more than one or two fingers fit under the strap.

Step 6 - Final Fitting:
Does your helmet fit right? Open your mouth wide, the helmet should pull down on the head. If not, refer back to step 5 and tighten the chin strap.

Does your helmet rock back more than two fingers above the eyebrows? If so, unbuckle, shorten the front strap by moving the slider forward. Buckle, retighten, and test again.

Does your helmet rock forward into your eyes? Unbuckle, tighten the back strap by moving the slider back toward the ear. Buckle, retighten, and test again.

Roll the rubber band down to the buckle. All four straps must go through the rubber band, close to the buckle, to prevent the buckle from slipping.

A bicycle helmet can protect you ONLY if you wear it each time you ride!

Safe Riding Tips.

See and be seen. Whether daytime, dawn, dusk, night, or foul weather, you need to be seen by others. Wear bright clothes (neon or fluorescent) when riding day or night. Also wear something reflective such as a light, tape, or markings. Always attempt to make eye contact with drivers. Assume they don't see you until you are sure they do.

Be predictable. Ride in a straight line, not in and out of cars. Signal your moves to others prior to initiating the maneuver.

Control your bicycle. Always ride with at least one hand on the handlebars. Carry books and other items in a bicycle carrier or backpack.

Stay alert and avoid road hazards. Use your eyes and ears. You need your ears to hear traffic and avoid dangerous situations; don't wear a headset when you ride. Be on the lookout for hazards such as potholes, broken glass, gravel, puddles, leaves, and dogs. All these hazards can cause a crash. If you are riding with friends and you are in the lead, yell out and point to the hazard to alert the riders behind you.

Go with the traffic flow. Ride on the right in the same direction as other vehicles. Go with the flow not against it.

Obey all traffic laws. A bicycle is a vehicle and you must obey all traffic signs, signals, and lane markings.

Yield to traffic when appropriate. If there is no stop sign or traffic signal and you are coming out of a driveway, off of a sidewalk, or from a bike path, you must slow down and look to see if the way is clear before proceeding into the roadway. This also means yielding to pedestrians who have already entered a crosswalk.

Don't pass on the right. Motorists may not look for or see a bicycle passing on the right.

Look before turning. When turning left or right, always look behind you for a break in traffic, then signal before making the turn.

Watch for parked cars. Ride far enough out from the curb to avoid the unexpected from parked cars (like doors opening, or cars pulling out).

Avoid riding at night. It is far more dangerous to ride at night than during the day because you are harder for others to see. If you have to ride at night, make sure you have a bright headlight on front of your bike and reflectors on the front and rear of your bike, in addition to reflectors on your tires.