



# BICYCLING SAFETY

**R**

Ride WITH the traffic. Ride predictably and defensively and wear a helmet!

**O**

Obey the rules of the road as any other vehicle operator, including all traffic signs, lane markings and signals.

**A**

Always wear highly visible or reflective clothing that highlight movement. Have a white front light and a red rear reflector when riding in low light conditions.

**D**

Do not ride distracted or drunk. Be diligent to your surroundings. Do not wear headphones or ear buds.

**S**

Stay as far to the right as practical when riding in traffic lanes. Make eye contact with drivers.