

BIKE SMART BIKE SAFE
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RULES OF THE ROAD

Go With The Flow

- Ride on the right, the same way as a car

Obey All Traffic Signs and Signals

- Be sure to walk your bike across busy intersections

Bicycle Helmet Law in North Carolina

- Every person under 16 years old is required to wear an approved bicycle helmet when operating a bicycle on any public road, public bicycle path, or other public right-of-way



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HOW TO RIDE SMART

- R**ide with the flow of traffic
- I**nsure your safety using hand signals
- D**on't wear headsets while biking
- E**very driver should be able to see you . . . wear bright or reflective clothing
- S**tay away from busy streets
- M**ake sure you yield to pedestrians
- A**lways wear a helmet
- R**ide in a single file line
- T**ake your time



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BIKE SMART



BIKE SAFE



The mission of the Bicycle and Pedestrian Advisory Board is to create a cyclist and pedestrian friendly community through education, promotion, and advocacy



BICYCLE & PEDESTRIAN ADVISORY BOARD

SMART ROUTES TO BICYCLE SAFETY

- Protect your head — wear a helmet
- See and be seen — wear bright colors
- Bikes need lights at night — it's the law
- Stay alert — always keep a lookout for obstacles in your path
- Go with the flow — ride with traffic
- Check for traffic — always be aware of the traffic around you
- Learn the rules of the road — obey traffic laws



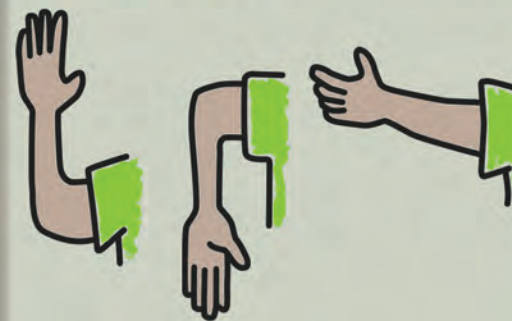
BIKE SAFETY CHECKLIST

- The seat is adjusted properly and locked in tight
- The tires are inflated
- Always check brakes before riding
- The sprocket and chain are oiled and tight
- Pedals are secure
- Reflectors are installed on the bike

DID YOU KNOW?

- About 800 people are killed each year bicycling
- More than half a million people visit emergency rooms with bicycling-related injuries
- The majority of bicyclists killed are not wearing a helmet
- Bicycle helmets can reduce your risk of brain injury by 88%
- Bicycles are vehicles — bicyclists have the same rights and responsibilities as other drivers

HAND SIGNALS ARE YOUR KEY TO BIKE SAFETY



Right Turn

Stop

Left Turn

Always use your left hand

Right Turn — Arm lifted up, hand straight up or pointing upward

Stop — Hand low, palm towards the back

Left Turn — Arm straight out, palm forward or finger pointing out

