

"Bicycle" Rules of the Road

- 1. Protect your head. Wear a Helmet.** While it is not required under Nevada State Law, did you know that wearing a bicycle helmet can reduce head injuries by **85%**? Select a helmet that fits snugly and fits flat on the head.
- 2. Is your bicycle ready?** Before using your bike, ensure all the parts are secure and working well. The handlebars should be firmly in place and turn easily. Your wheels must be straight and secure. Check your wheels before every ride, after every fall, or after transporting your bicycle.
- 3. Check your brakes.** Always keep your brakes adjusted. If you cannot stop quickly adjust your brakes. Consult your bicycle owner's manual or have a bike shop adjust the brakes. When the hand brake levers are fully applied, they should not touch the handlebars. Each brake shoe pad should wear evenly and never be separated more than **1/8** inch from the rim.
- 4. Stay alert and always check traffic.** Check the road, watch out for potholes, cracks, expansion joints, railroad tracks, wet leaves, drainage grates, or anything in the road that could make you fall, and continually **CHECK THE TRAFFIC**. Always look left-right-left to ensure that it is safe to proceed, and walk your bicycle into the street to begin your ride. If you're already in the street, always look behind you for a break in traffic then signal before going left or right. **Watch for left or right turning traffic!**
- 5. Go with the flow. The safe way is the right way.** Ride on the right side in a straight predictable path. Always go single file in the same direction as other vehicles. Riding against traffic puts you where motorists don't expect you. They may not see you, and may pull across your path, or turn into you.

Be safe and have a great ride!



Remember...

Bicycles are considered vehicles, therefore bicyclists must obey the same rules as motorists. Always signal your moves. Be courteous to pedestrians and other vehicle operators. Never wear *headphones* while riding as they impair your ability to hear traffic.

Wear clothes that make you more visible such as neon, fluorescent or other bright colors.

Finally, if possible avoid biking at night. Most bicycles are equipped for daylight use and need to be adapted for nighttime use.

For more information on bicycle safety or Nevada State Bicycle Laws, consult the Nevada State Office of Traffic Safety @ (775) 684-7470.

