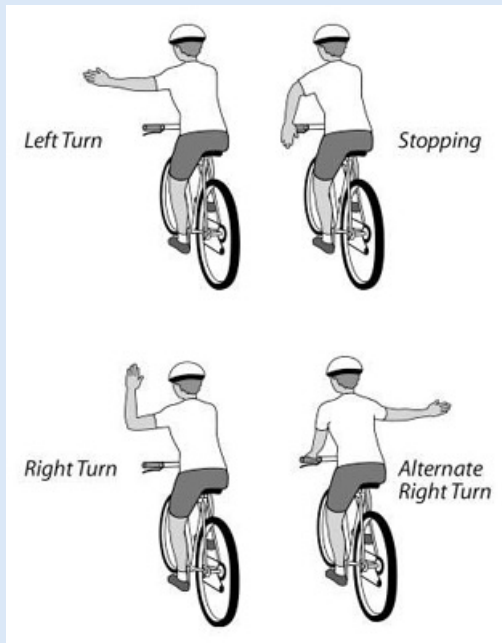


## HAND SIGNALS



## HAZARDOUS VIOLATIONS:

- Disobeying traffic signals or signs
- Riding in the wrong direction against traffic
- Missing white headlight and red reflective tail light if riding at nighttime
- Carrying more passengers than bicycle is designed to carry.

## WEAR A HELMET!

1. EYES - should see helmet edge when you look up.
2. EARS - straps should form a "Y" just under your ears.
3. MOUTH - straps loose enough for a finger between buckle and jaw, but tight enough that the helmet pulls down on top of your head when you open your mouth wide.

If you are under 16 or know someone under 16 that is in the need of a helmet, please contact:

[TeamShareTheRoad@gmail.com](mailto:TeamShareTheRoad@gmail.com)

for assistance. Team Share the Road will also properly fit you for your helmet.

Team Share the Road's certified league of American Bicyclist Instructors conducts various Bike Rodeos throughout South Alabama. If you would like for us to notify you of the next rodeo or if you would like to schedule a rodeo for your group, please contact:

[TeamShareTheRoad@gmail.com](mailto:TeamShareTheRoad@gmail.com).

# Bicycle Safety



Photo Credit: R. Jason Valentine



[www.TeamShareTheRoad.org](http://www.TeamShareTheRoad.org)  
[TeamShareTheRoad@gmail.com](mailto:TeamShareTheRoad@gmail.com)  
(251) 654-6121  
[www.sarpc.org](http://www.sarpc.org)  
[www.mobilempo.org](http://www.mobilempo.org)  
(251)706-1CAR

## BE SMART!

- Know your bicycle and do regular maintenance.
- Inflate tires to the proper recommended pressure.
- The Cities of Mobile and Chickasaw requires drivers to leave a safe distance of 3 feet, but be alert because all drivers may not follow the ordinance. Continuously scan the road in front, beside and behind you for potential hazards.
- Check weather conditions and dress accordingly.
- Carry water and other fluids so you don't get dehydrated. Know your limitations. Rest before you are to the point of exhaustion.
- Learn how to change a flat tire and be ready with spare tubes and tools in case you actually have a flat.
- Listen to the world around you not your distracting headset. Hearing is a defense mechanism that can warn you of unsafe happenings in time to avoid the issue.

## BE SEEN!

- State Law requires that if ridden at night, your bike be equipped with a front white light visible from a distance of at least 500 feet and a rear reflector visible from at least 50 feet. It is even smarter to install a rear red light.
- Wear clothing that is bright and reflective!
- Wear a reflective helmet! State law requires those under the age of 16 to wear a helmet.



Photo credit: R. Jason Valentine

## BE PREDICTABLE!

- Ride in the same direction as traffic—it's the law.
- Follow all Rules of the Road. State Law requires you stop at all stop signs and stop at all red lights.
- No more than two riders abreast when on the roadway.
- Do not cross between parked cars or middle of the block. Do not weave in and out of traffic.
- Use hand signals before turning.
- Use the bike lane when available.

