



# **BIKE SAFETY GUIDELINES**

**Brought to You by the  
Libertyville Bicycle  
Advisory Commission**



# Riding Guidelines

1. Ride with traffic and obey traffic signs. Bicycles are required to follow the same rules of the road as other vehicles.



2. Ride on the street rather than sidewalks when safe to do so. Riding on sidewalks makes you less visible to cars at driveways and intersections.



3. Be alert. When approaching an intersection make sure the motor vehicles see you. Try to make eye contact with the driver. In the event of an accident, even if the cyclist had the right of way, the cyclist loses.



4. Signal your intentions, turns, and stops.



5. Keep as far to the right side of your travel lane as safely possible. Keep a safe distance from parked cars in case someone in one opens a door suddenly.





# Riding Guidelines

6. When passing another cyclist or pedestrian on a trail, alert them to your presence either with a bell or by calling out, or both.



7. If on a trail, keep to the right side, especially on a curve.



8. Don't be a distracted rider. Do not text, make, or take phone calls while riding.



9. Be alert for cars backing out of driveways as well as parking spaces along roads.



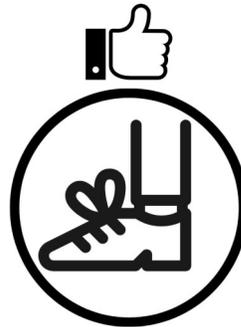


# Equipment

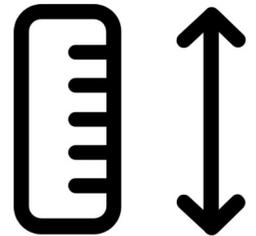
1. Always wear a helmet. Make sure the helmet fits properly and is worn correctly.



2. Wear proper footwear. If wearing shoes with laces, make sure that the laces are secured and will not get in the spokes or wrapped on the pedals. Try tucking them in.

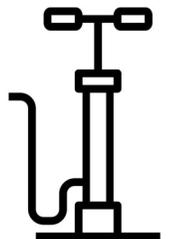


3. Make sure the bike fits you properly. Riding a bike that is not the correct size or a seat not at the proper height can cause injury to your knees, back or other joints.



4. Do an A-B-C pre-check before every ride:

A. AIR - Inspect your tires and make sure they are properly inflated. This will reduce the number of flats and help you roll easier.



B. BRAKES - Make sure the brakes work and are not rubbing on the rims.



C. CHAIN - Keep the chain reasonably clean and lubricated. This makes riding easier too.



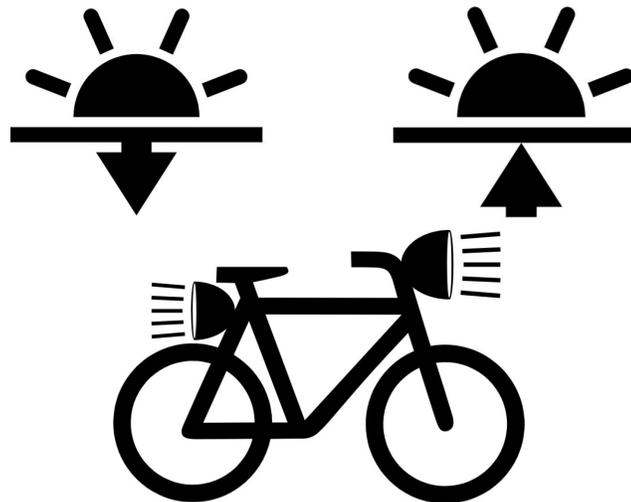


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5. Be visible! Wear bright clothing. If riding at times when visibility is poor, reflective clothing is best.



6. If you ride in early morning or at dusk, have lights on the front and rear of your bike.



7. If you ride at night, have a bright light on the front and rear of bike.

