



Bike Month Safety Tips

June 2021



ABC's of Cycling

Air

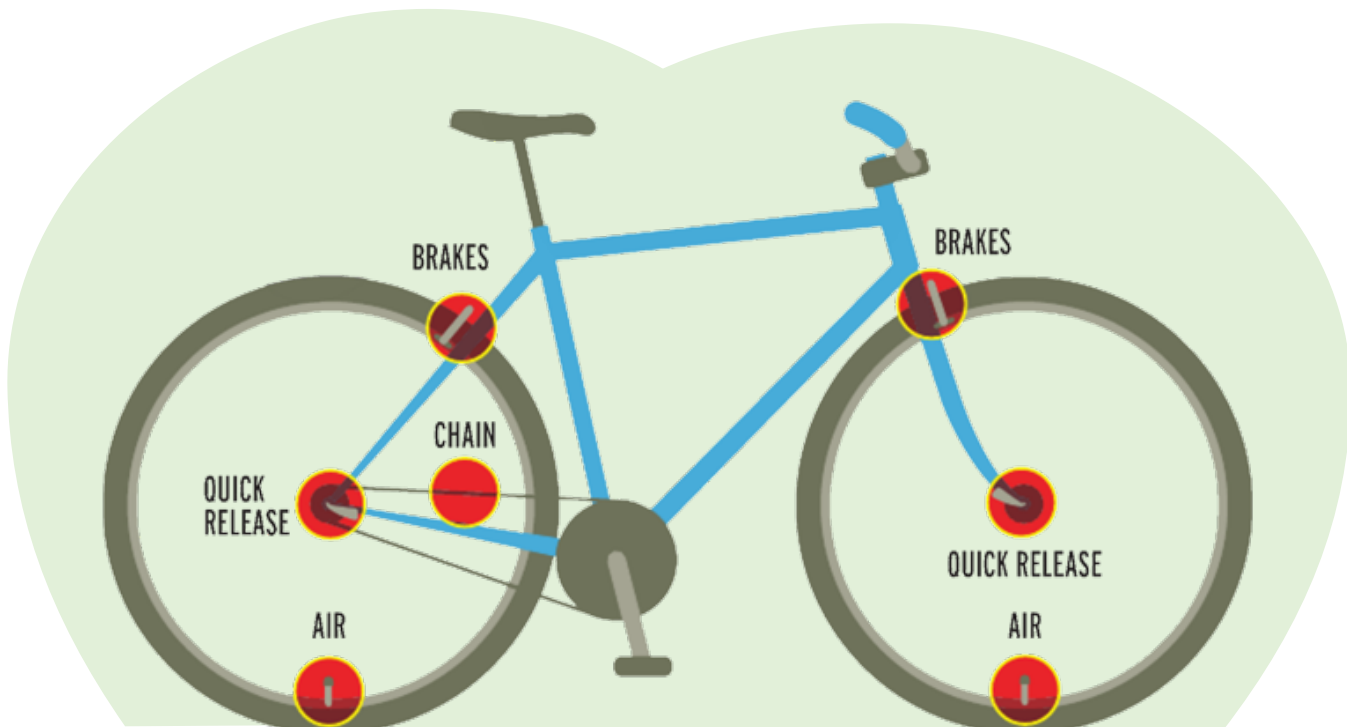
Check to make sure your tires have enough air. If they're flat, pump them up!

Brakes, Bars and Bells

Check to make sure the brake levels are far enough from the handlebars. There should be two finger widths between the bar and brakes when pulled. To check your brakes.

Chain, Crank and Cassette

Check to make sure that the pedals spin backwards. The chain should be on and lubricated, and no gears should be bent. Change the gears to see if you hear a clicking sound.



Sources:

[CAN BIKE Program](#)

[League of American Bicyclists' ABC Quick Check](#)

Image source: [City of Mississauga Bicycle Safety Check](#)



Helmet Safety

Whenever you ride your bike, you should **wear a helmet**. It can keep you **safe** by absorbing the force of an impact. Plus, **it's the law if you're under 18!**

Use the **“2-V-1” Helmet Salute** to make sure your helmet is on right and **fits you properly**.



The edge of the helmet should be two fingers above the eyebrows to protect the forehead.



Using your fingers to check that the helmet straps meet in a V shape just below the ears.

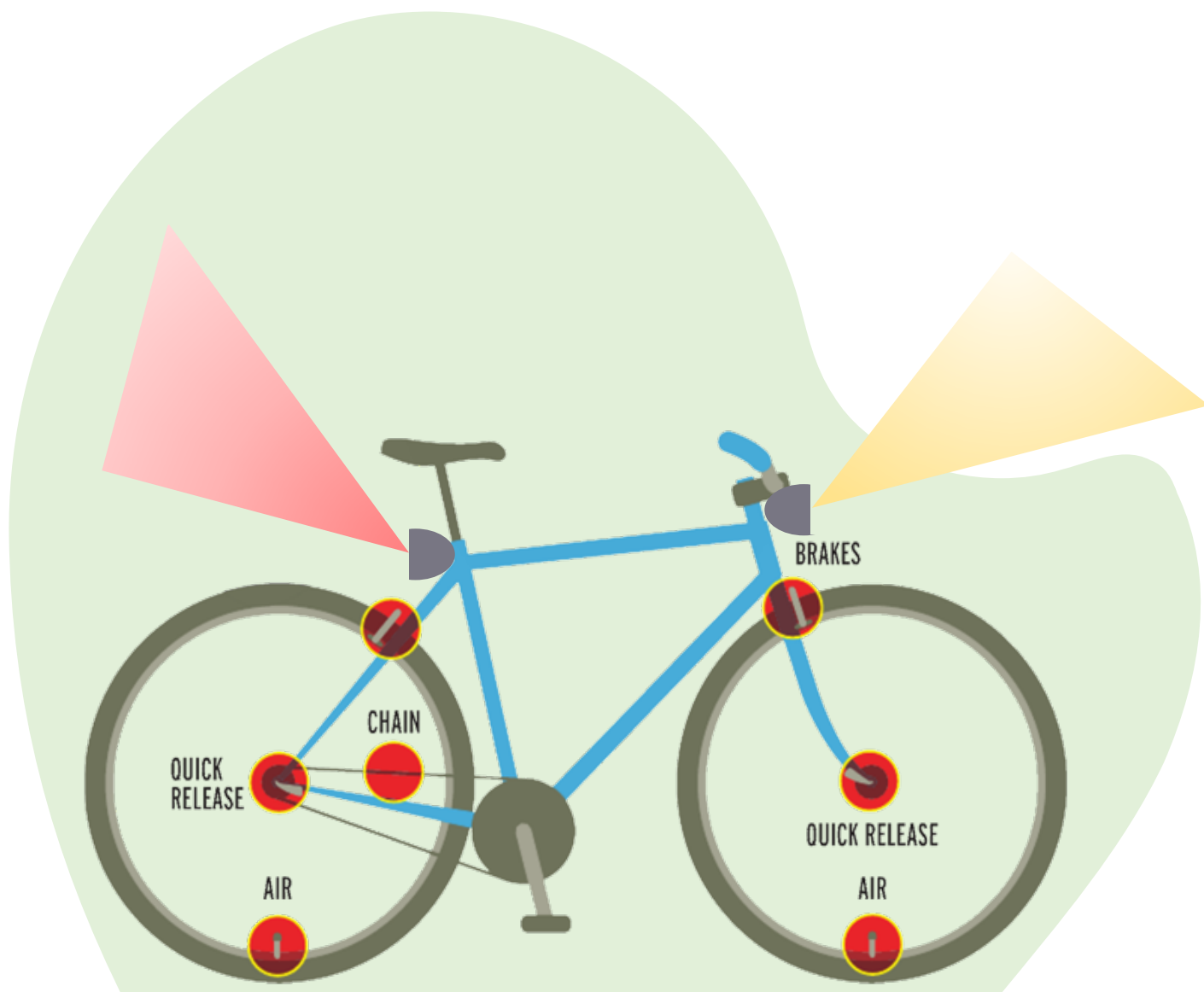


One finger should fit between the chin and the chin strap.

Lighting

Did you know?

From **30 minutes before sunset** to 30 minutes **after sunrise**, you must have a **front white light** and a **rear red light** or reflector! It is recommended that you keep your lights on all the time.



Source:

[Durham Region Youth Cycling Guide](#)

Image source: [City of Mississauga Bicycle Safety Check](#)



Preparing for your Ride

Before you leave for your ride, there are a few things to remember!

Quick tips:



Tell a friend or family member where you are going and how long you will be.



Bring a bike lock with you if you need to make a stop and leave your bike unattended.



Have a phone with you in case of an emergency.



Ride with others, when safe to do so and follow physical distancing protocols.

Plan your route:



Map out your route before you leave.



Try to pick routes that are well lit, free of debris, puddles, potholes or other potential hazards.



If you plan to bike to school or work, it is a good idea to practice this route and time yourself to know how long it will take.



Try to have a backup route just in case.

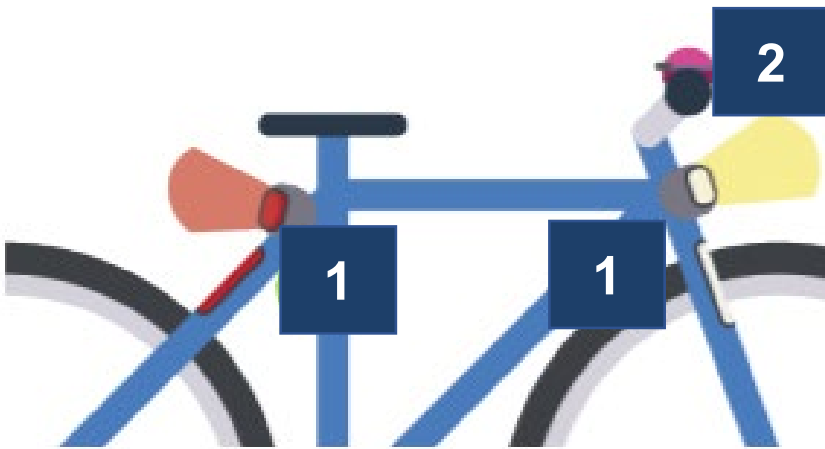
Sources:

[Durham Region Youth Cycling Guide](#)

Equipment

It is important to prepare for your ride and ensure you have all the appropriate gear to help you ride safely and comfortably!

Required for the ride:



1 Working front white light and red light on the back (if riding early in the morning or at night).

2 Working bell or horn.

Nice to have:



Water to help you stay hydrated while you ride.



Bright clothing to help with visibility.



Storage for making it easy to carry items like groceries.



Closed-toe shoes to help prevent injury.

The Best Pre-Ride Checklist for your Bike: The BATCH Test

Brakes

Pull the front brake and push forward on your bike. The back wheel should come off the ground. Do the same for the back brake by pulling it and pushing the bike forward. If the wheels don't lock up, the brakes are not strong enough. When you use your brakes, the pads should only touch the rim of the wheel, not the tire.

Air

Check to make sure your tires have enough air. If they're flat, pump them up!

Tires

Check that the tread on your tires isn't too worn out. Spin your wheels to make sure that nothing is rubbing, so they spin freely. Make sure to replace any bent or broken spokes before you ride.

Chain and Crank

Check to make sure that the pedals spin backwards. The chain should be on and lubricated, and no gears should be bent.

Handlebars

Brake levers should be at least two fingers' width from the handlebar when pulled. The handlebars should also be firmly attached. To test this, hold the front wheel between your legs. Then, pull and twist the bars to make sure they are secure.



Sources:

[CAN BIKE Program](#)

[League of American Bicyclists' ABC Quick Check](#)

Image source: [City of Mississauga Bicycle Safety Check](#)



Signals

Remember to signal all turns and stops. Make sure you can keep your balance while signaling.

Hand signals:



Stop

Left arm bent at 90 degrees, fingers pointing at the ground.



Left

Left arm pointing straight left.



Right #1

Right arm pointing straight right.



Right #2

Left arm bent at 90 degrees, fingers pointing skyward.

Sources:

[Durham Region Youth Cycling Guide](#)



Biking on Roads

When you cycle on the road, you need to follow the same rules of the road as drivers. There are also a few more rules for cyclists.

Road tips:

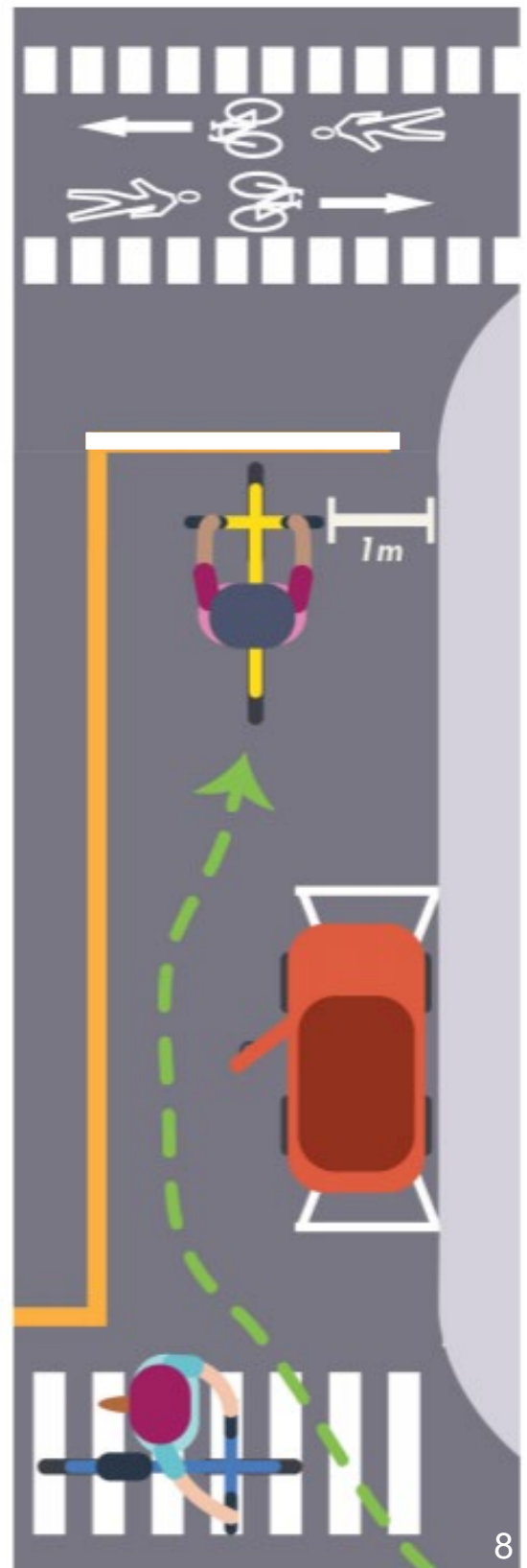
Ride in a straight line on the righthand side of the road. Do not weave in between parked cars or ride against car traffic.

Ride one metre from the curb or from parked cars.

Remember to obey the rules of the road and Highway Traffic Act. **Cars must leave at least one metre of space** when passing cyclists - it's the law!

Be careful around parked cars, as doors may open suddenly. **Leave enough room between you and the cars**, as if the doors were all open.

Walk your bike if using pedestrian crossings or going over railway crossings.



Sources:

[Durham Region Youth Cycling Guide](#)



Biking on Roads Continued

When you cycle on the road, you need to follow the same rules of the road as drivers. There are also a few more rules for cyclists.

Using the road:

1 Check over your shoulder.

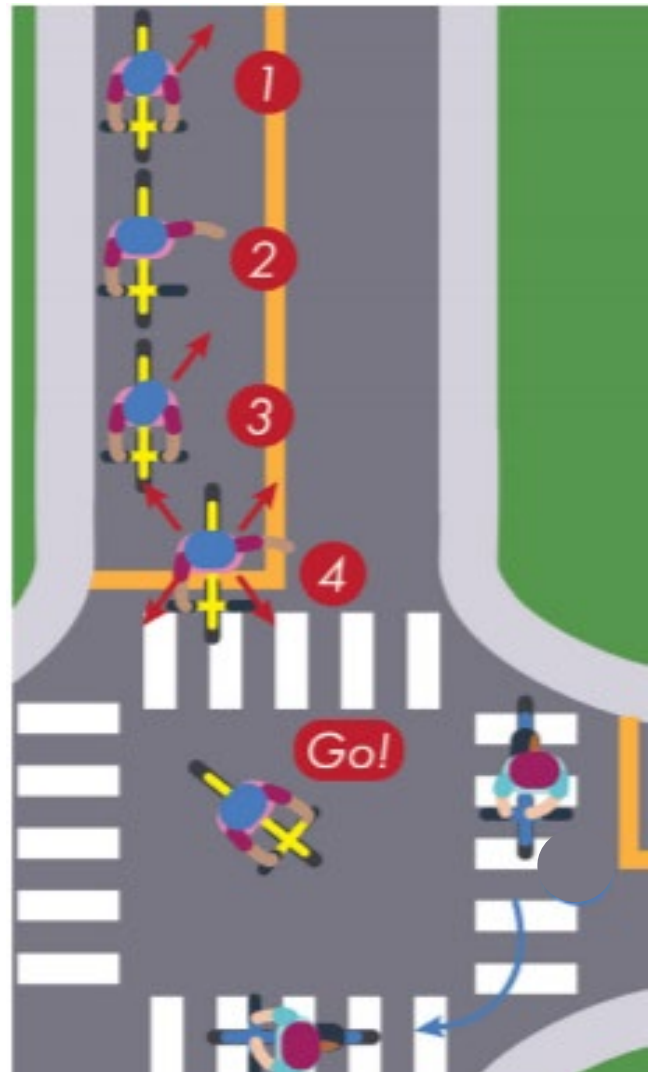
2 Use your hand to signal.

3 Shoulder check again.

4 Take the lane, signal and shoulder check again.

5 Always walk your bike across multiple lanes if the traffic is heavy.

6 Turn when it's safe.



Sources:

[Durham Region Youth Cycling Guide](#)



How to Share the Road

Tips for cyclists:

1. Ride on the right side of the road with the flow of traffic about one metre out from the curb.
2. Make eye contact and signal your turns.
3. Be visible. Wear reflective clothing and use lights on your bike!
4. Remember to come to a complete stop at red lights and stop signs.
5. Yield to pedestrians at crosswalks, crossovers and school crossings.

Tips for Drivers:

1. Give at least one metre of space between you and cyclists.
2. Check for cyclists when opening your car door.
3. Make eye contact.
4. Check for cyclists before turning and come to a complete stop at red lights and stop signs.

Video on how to share the road:

Check out the Region's YouTube Channel video on how to share the road here: https://www.youtube.com/watch?v=g_Nz-ukl3UI

Sources:

[Durham Region Youth Cycling Guide](#)
[Durham Region Youtube Channel](#)



How to Navigate a Roundabout

1 Experienced cyclists* travel through the roundabout on the road using the same rules as drivers.

2 Approach the roundabout as if you were driving a vehicle. Select your lane and use hand signals to signal your intentions to other road users.

3 Yield to drivers in the roundabout and pedestrians at the crosswalk and only enter when there is a safe gap in traffic.

4 Stay in your lane and maintain a steady pace. Ride in the middle of the lane and do not hug the curb.

*** If you are not as comfortable riding your bike in traffic, dismount your bike and walk through the crosswalk using the same rules that apply to pedestrians.**

Video on navigating roundabouts by bike and by car:

Check out the Region's YouTube Channel videos on how to navigate a roundabout on your bike, by foot and by car.

Cyclists and Pedestrians: <https://www.youtube.com/watch?v=kSK2XZ4V0Pk>

Drivers:

<https://www.youtube.com/watch?v=loRUX6Yljq&list=PLrsBYM68qC0NN00-UELeWrwO3eRBmbtPS&index=2>

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Sources:

[Durham Region Youtube Channel](#)



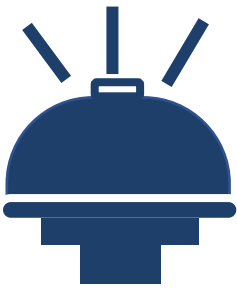
Biking on Trails

When you cycle on trails, there are a few things to remember!

Trail Tips:



Yield to walkers, hikers, and horse riders.



Use your bell or horn before passing others and to let them know you are approaching.



Walk your bike across roadways or trail crossings.

Sources:

[Durham Region Youth Cycling Guide](#)

