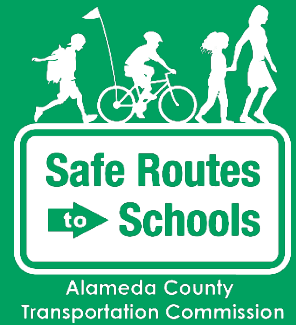




BIKE SAFETY

During Shelter in Place

Learn more at alamedacountysr2s.org



You can still go for a bike ride while sheltering in place, and it is a good way to maintain physical and mental health. Here are some Do's and Don'ts for enjoying the outdoors.

- **DO WEAR A FACE COVERING WHEN POSSIBLE.**
- **DO MAINTAIN SOCIAL DISTANCE.** Keep at least 6 feet away from people outside your household.
- **DON'T BIKE DIRECTLY IN FRONT OF OR BEHIND SOMEONE FROM ANOTHER HOUSEHOLD.**
- **DO BRING WATER AND HAND SANITIZER.** Remember to stay hydrated and keep your hands clean, there may be limited access to public restrooms and water fountains.
- **DON'T GO OUTSIDE IF YOU FEEL SICK.** Help keep others safe and healthy.
- **DO BRING YOUR LOCK.** Always use a hardened steel U-lock to secure your bicycle if you plan on stopping. Attach the frame and front wheel of the bike to the bike rack.
- **DO DRESS TO BE SEEN.** Bright colors are more visible during the day, and light colors are more visible in the evening or at night. Reflective clothing is always a good idea, too!
- **DO WEAR YOUR HELMET.** Always wear a properly-fitted helmet. No helmet, no ride.
- **DO KNOW YOUR SKILLS.** Be able to start and stop smoothly, ride in a straight line without weaving, and use hand signals while maintaining your balance.
- **DO CHECK YOUR BIKE.** Before riding, make sure your tires have enough air, your brakes work and your pedals spin smoothly. Take a test ride to make sure everything works well.
- **DO GO WITH THE FLOW.** Always ride in the street going the same direction as traffic — never against.
- **DON'T GET CAUGHT IN THE DOOR ZONE.** When riding near parked cars, stay 3-5 feet away in order to avoid hitting open car doors.
- **DO TAKE THE LANE.** Where the lane is too narrow to share safely with a car, feel free to ride in the center of the travel lane. It's safer for you and people driving.
- **DO RIDE SINGLE FILE.** Leave space between you and the person in front of you in case of a sudden stop. Remember to maintain at least 6ft distance.
- **DO STOP AT SIGNS AND LIGHTS.** Always come to a full stop at stop signs or red lights. Only proceed when it is safe or the light turns green.
- **DO YIELD TO YOUR FRIENDS ON FOOT.** People walking have the right of way.
- **DO COMMUNICATE.** Use hand signals to indicate turns, slowing and stopping.



METROPOLITAN
TRANSPORTATION
COMMISSION

The Alameda County Safe Routes to Schools Program is a program of the Alameda County Transportation Commission (alamedactc.org) and is funded with Alameda County's local sales tax Measure B, regional, state and federal funds.