DEPARTMENT OF THE NAVY
U.S. NAVAL SUPPORT ACTIVITY
BAHRAIN
FPO AE 09834-2800

NSABAHRAININST 5100.17C
N00
19 Mar 12

U.S. NAVAL SUPPORT ACTIVITY BAHRAIN INSTRUCTION 5100.17C

Subj: BICYCLES, IN-LINE SKATES, ROLLER SKATES, SKATE BOARDS, AND SCOOTER SAFETY

Ref: (a) OPNAVINST 5100.25(series)
(b) OPNAVINST 5100.8(series)
(c) NSABAHRAININST 5100.12(series)
(d) COMUSNAVCENT OPORD 100-01
(e) NSABAHRAININST 2575.1(series)

Encl: (1) Bicycle Registration Form
(2) Bicycle Operator Responsibility Sheet

1. Purpose. To establish guidelines and promote safe operation of bicycles, in-line skates, roller skates, and scooters aboard U.S. Naval Support Activity (NSA), Bahrain.

2. Cancellation. NSABAHRAININST 5100.17B

3. Scope. This instruction applies to all military and civilian personnel, tenant commands, sponsored dependents, DoD-hired foreign nationals, contractors assigned to, or working on, NSA Bahrain and all persons regardless of their status who operate bicycles on NSA Bahrain, AV Unit, and Mina Salman port complex. Skate boarding, in-line skating, roller skating, and non-motorized scooter riding aboard NSA Bahrain is prohibited except in designated Morale Welfare Recreation (MWR) areas. Motorized scooters are prohibited on all military installations in Bahrain. Policies contained herein apply to military personnel off-base as well. Reference (c), NSA Bahrain Traffic Safety Program, promulgates additional traffic safety regulations.

4. Action. All levels of the chain of command shall comply with the requirements set forth by this instruction and references (a) through (e). Violators of this instruction will be referred to the Traffic Magistrate or appropriate authority. Failure to comply with the provisions of this instruction may result in administrative or punitive adverse action (including, but not limited to, loss of base operating privileges, punishment under the Uniformed Code of Military Justice). Non-compliance may be considered in a line of duty determination following a related injury/disability.

5. Bicycle Operators Responsibility. Only those bicycle operators in compliance with this regulation will be permitted to bring a bicycle on base. Personnel must obey all traffic laws and regulations, and will be subject to the same penalties as motor vehicle operators. To ensure the safety of operators and pedestrians, bicycle operators:

a. ***SHALL*** bring their bicycle and all required safety items to the base Pass and ID Office and obtain a registration number and sticker.

b. ***SHALL*** properly wear all required personal protective equipment (PPE). Ensure bicycle is in safe working condition and outfitted with required safety equipment. Ensure visibility is not restricted in any way and head lamp and rear lamp are not covered.

c. ***SHALL*** always yield the right-of-way to pedestrians and motor vehicles.

d. ***SHALL*** only ride bicycles in areas authorized for motor vehicle traffic.

e. ***SHALL*** dismount and walk bicycles on sidewalks and through congested areas to include: Main pedestrian walkway (Freedom Way, or the 'Spine'), Desert Dome, Freedom Souq, narrow and covered pathways, construction sites, and all posted pedestrian lanes when entering and exiting NSA Bahrain.

f. ***SHALL*** have at least one hand on handlebars at all times while riding or walking a bicycle.

6. Bicycle Operators

a. ***SHALL NOT*** wear portable radio headphones, earphones, or utilize communicating devices while riding.

b. ***SHALL NOT*** carry packages, clothing, other personnel, or any item that would preclude the use of both hands on the handlebars while bicycling. The only exceptions are items carried in an installed basket, in a backpack worn on operator's back, or other methods whereby both hands and arms are totally free for bicycling.

c. ***SHALL NOT*** tow trailers, semi-trailers, child carriers, or tow bicycles by another vehicle.

d. ***SHALL NOT*** consume alcoholic beverages or mind-altering drugs before and during bicycle operation.

e. ***SHALL NOT*** operate MWR rental bicycles during inclement weather or between sunset and sunrise.

f. ***SHALL NOT*** operate bicycles over 10 miles per hour, while aboard any NSA Bahrain installation.

7. Required Bicycle Safety Equipment

a. Head lamp. Bicycles shall be equipped with a permanently installed white light in the front. This light must be visible for at least 500 feet and must not be bothersome to other vehicular traffic.

b. Rear lamp. Bicycles shall be equipped with a rear lamp on the back of the bicycle. This rear lamp must be visible for 600 feet.

c. Bell. Bicycles shall be equipped with a bell which is the only authorized sound signal device to be used on bicycles.

d. Brakes. Bicycles shall be equipped with one or more working mechanical braking devices (foot or hand).

8. Required Operator Equipment and Clothing

a. Helmet. American National Standard Institute (ANSI) or Snell Memorial Foundation approved helmets shall be worn on the head, chin strap securely fastened.

b. Clothing. Bicyclists shall wear light colored or reflective clothing. At night and during restricted visibility reflective clothing must be worn. Examples of restricted visibility include rain, fog, dust storms, and 30 minutes before sunset until 30 minutes after sunrise. Examples of reflective clothing include reflecting belts, safety vests with reflective tape or jackets with at least three feet of reflective tape visible on front and back.

c. Backpacks. Since backpacks obscure any reflective PPE on a rider's back, bicycle riders shall adorn backpacks with a reflective belt at night or during periods of restricted visibility. A belt worn on a backpack meets the intent of the paragraph 8.b.

d. Attire Policy. When riding a bicycle, clothing regulations regarding required attire during physical training apply (loose fitting, appropriate attire). When walking bicycle, regular clothing regulations apply.

9. Parking. Bicycles shall only be parked in designated parking areas when available. Operators shall never block doorways, pathways, access ramps, or restrict any activity or operation aboard NSA Bahrain. Bicycles shall not be parked near or fastened to any fire suppression equipment, pumps, hydrants, light poles, etc.

10. Safety Requirements

a. Always ride on the right side of roadway

b. Use hand signals to indicate turns

c. Obey all traffic lights and signals

d. Approach all intersections with caution

e. Avoid busy streets during peak hours

f. Always yield the right-of-way in traffic

g. Perform pre-ride safety check as follows:

(1) Inspect tires for proper inflation and condition

(2) Check brake operation at start of ride

(3) Inspect head lamp for proper operation

(4) Inspect rear lamp for proper operation

(5) Inspect bike for loose or missing hardware

11. Skate boarding, in-line skating, roller skating, and scooter riding aboard NSA Bahrain ***IS PROHIBITED***, except in designated MWR areas. MWR and Base Safety shall promulgate separate operating and safety regulations should an area be designated.

12. Abandoned Bicycles. Unregistered bicycles or bicycles deemed to be abandoned will be impounded and disposed of IAW NSABAHRAININST 2575.1(series).

C S Walsh

C. S. WALSH

Distribution:
NSABAHRAININST 5216.1S (Lists I, II)

Bicycle Registration Form

Name:_____ Rate/Rank:_____

Command:_____ BLDG #:_____ PRD:_____

Contact Numbers Cell:_____ Office ext:_____

Serial Number:_____ Registration Number:_____

Bike Description:

_____

_____

_____

_____

Bicycle Operator Responsibility Sheet

I,_____, will comply with all rules and regulations set forth in NSABAHRAININST 5100.17C.

1. Bicycle Operators Responsibility. Bicycle operators shall obey all traffic laws and regulations. Bicycle operators violating traffic laws or signs will be subject to the same penalties as motor vehicle operators. To ensure the safety of operators and pedestrians bicycle operators ***SHALL***:

a. Always yield the right-of-way to pedestrians and motor vehicles.

b. Dismount and walk bicycles through congested areas to include: Desert Dome, Post Office, narrow and covered pathways, construction sites, and all posted pedestrian lanes when entering and leaving NSA Bahrain.

c. Have at least one hand on handlebars at all times while riding or walking a bicycle.

2. Bicycle Operators ***SHALL NOT***

a. Ride bicycles on the main pedestrian walk-way ('Spine'). This area is the 600ft walk-way commencing at the Joint Security Force Quarters (Building 266) and ending at the Freedom Souq (Building P-911). In addition, bicycle operators are only authorized to ride bicycles in areas authorized for motor vehicle traffic.

b. Wear Portable radio headphones, earphones, or utilize communicating devices while riding.

c. Carry packages, clothing, other personnel, and any item that would preclude the use of both hands on the handlebars while bicycling. The only exceptions are items carried in an installed basket, in a backpack worn on operator's back or other methods whereby both hands and arms are totally free for bicycling.

d. Tow trailers, semi-trailers, child carriers, or tow bicycles by another vehicle.

e. Consume alcoholic beverages, mind-altering or illegal drugs before and during bicycle operation.

f. Operate MWR rental bicycle during inclement weather or between sunset, and sunrise.

g. Ride on sidewalks or pedestrian ways.

h. Operate bicycles over ten miles per hour, while aboard any NSA Bahrain installation.

3. Required Bicycle Safety Equipment

a. Head lamp. A bicycle shall be equipped with a permanently installed white light in the front. These lights must be visible for at least 500 feet and must not be bothersome to other vehicular traffic. Exception to the headlamp rule is allowed if the bicycle is only used during daylight hours.

b. Rear Lamp. A bicycle shall be equipped with a rear lamp on the back of the bicycle. This rear lamp must be visible for 600 feet illuminated by the lights of another vehicle.

c. Bell. A bicycle shall be equipped with a bell. A bell is the only authorized sound signal device to be used on bicycles.

d. Brakes. All bicycles must be equipped with one or more working mechanical braking devices (foot or hand).

4. Required Operator Equipment and Clothing

a. Helmet. American National Standard Institute (ANSI) or Snell Memorial Foundation approved helmets shall be worn on the head, chin strap securely fastened.

b. Clothing. Bicyclists shall wear light colored or reflective clothing. At night and during restricted visibility reflective clothing must be worn. Examples of restricted visibility include rain, fog, dust storms, and 30 minutes before sunset until 30 minutes after sunrise. Examples of reflective clothing include reflecting bets, safety vests with reflective tape or jackets with at least three feet of reflective tape visible on front and back.

c. Backpacks. Since backpacks obscure any reflective PPE on a rider's back, bicycle riders shall adorn backpacks with a reflective belt at night or during periods of restricted visibility. A belt worn on a backpack meets the intent of the paragraph 8.b.

d. Attire Policy. When riding a bicycle, clothing regulations regarding required attire during physical training apply (loose fitting, appropriate attire). When walking bicycle, regular clothing regulations apply.

5. Parking. Bicycle operators shall park Bicycle in designated parking areas when available. Operators shall never block doorways, pathways, assess ramps, or restricted and activity or operation aboard NSA Bahrain. Bicycle may not be parked near or fastened to any fire suppression equipment pumps, hydrants etc.

6. Safety Requirements

a. Always ride on the right side of roadway

b. Use hand signals to indicate turns

c. Obey all Traffic lights and signals

d. Approach all intersections with caution

e. Avoid busy streets during peak hours

f. Always yield the right- of-way in traffic

g. Perform pre-ride safety check as follows:

(1) Inspect tires for proper inflation and condition

(2) Check brake operation at start of ride

(3) Inspect headlight for proper operation

(4) Inspect reflector for proper mounting

(5) Inspect bake for loose or missing hardware

7. Abandoned Bicycles. Unregistered bicycles or bicycles deemed to be abandoned will be impounded and disposed of IAW NSABAHRAININST 2575.1(series).

I have read the above information and I will comply with NSABAHRAININST 5100.17C and if I do not my privileges to operate a bicycle will be suspended.

_____ DATE_____
Print and Sign Name

_____ DATE_____
Witness Print and Sign Name

Enclosure (2)