

GENERAL BICYCLING SAFETY TIPS

- 🚲 **Obey traffic laws**- Bicycles on the road have the same responsibilities as a motor vehicle. Beyond that, use common sense when merging into lines of backed up traffic. It is easy to forget the challenge drivers, particularly of trucks, vans, and buses face in avoiding bicycles. Please stay attentive and alert.
- 🚲 **Avoid tailgating** – Ensure motorists can see you in their mirrors. Stop for stop signs and traffic lights.
- 🚲 **Stop for/yield to pedestrians** - avoid colliding with pedestrians or other cyclists. Give warning by sounding the horn when necessary.
- 🚲 **Never ride against traffic** - Motorists are not looking for bicyclists riding on the wrong side of the road.
- 🚲 **Keep both hands available** – Do not use cell phones or hold an umbrella while operating the bicycle.
- 🚲 **Follow lane markings** - Don't turn right from the left lane. Don't go straight in a lane marked "Left-turn only."
- 🚲 **Don't pass on the right** - Motorists may not look for or see a bicycle passing on the Right.
- 🚲 **Look out for road hazards** - Watch out for parallel-slat sewer grates, gravel, ice, sand or debris. Cross railroad tracks at right angles.
- 🚲 **Scan the road behind you** - Learn to look back over your shoulder without losing your balance or swerving. Use a rear-view mirror.
- 🚲 **Keep both hands ready to brake** - You may not stop in time if you brake one-handed. Allow extra distance for stopping in the rain, since brakes are

less efficient when wet.

- 🚲 **Always wear a helmet and never ride with headphones.**
- 🚲 **Dress appropriately** – bright-colored clothing, consider rain gear and additional layers.
- 🚲 **Choose the best way to turn right** – There are two choices:
(1) Like an auto: Signal to move into the right turn lane and then turn right.
(2) Like a pedestrian: Walk your bike across the crosswalks.
- 🚲 **Make eye contact with drivers** - Assume that other drivers don't see you until you are sure that they do. Eye contact is important with any driver that might pose a threat to your safety.
- 🚲 **Use bicycle lights** – Turn on a white headlight and a red rear light at hours of darkness and inside tunnels.
- 🚲 **Keep your bike in good repair** - Adjust your bike to fit you and keep it working properly. Check brakes and tires regularly. Routine maintenance is simple and you can learn to do it yourself.
- 🚲 **Use hand signals** - Signal as a matter of law, of courtesy, and of self-protection.
- 🚲 **Riding on a sidewalk or public path** – yield the right-of-way to pedestrians and give an audible signal before overtaking and passing a pedestrian.

CFAY RULES FOR RIDING BICYCLES

Cyclists shall:

- 🚲 Register their bicycle with Security.
- 🚲 Wear a CPSC/ASTM/SNELL approved helmet at all times while riding a bicycle

with the chinstrap properly fastened under the chin.

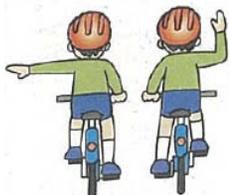
- 🚲 Be equipped with a white headlight (visible from 500 ft. distance) and a red rear light (visible from 600 ft. distance), and a working pedestrian warning device (horn or bell).
- 🚲 Wear a brightly colored outer upper-garment at all times and a reflective outer upper-garment at night or in periods of reduced visibility.
- 🚲 Yield for pedestrians in all circumstances, stop at all stop signs and not weave in and out of traffic.
- 🚲 Secure materials transported by cycle to prevent a hazard to the rider or others.
- 🚲 Dismount and walk (push) bicycles entering/leaving gates, in crosswalks and in Gridley tunnel against flow of traffic.
- 🚲 Use the bicycle lane between Dry Dock 6 and Port OPS on Howard Street and Rickert Drive. The bicycle lane in the tunnels on Rickert Drive merges onto the sidewalk and bicyclists must travel with caution in both directions yielding the right of way to pedestrians.

Cyclists shall NOT:

- 🚲 Ride abreast of other bicycle riders unless passing.
- 🚲 Ride over caissons, under portal cranes, or in buildings.
- 🚲 Ride against the flow of traffic except in designated bicycle lanes.
- 🚲 Carry passengers without approved child seat installed.
- 🚲 Transport bicycles in passenger elevators.
- 🚲 Exceed 30 KPH at any time.
- 🚲 Wear any types of headphones or earpieces unless it is an approved hearing aide.

HAND SIGNAL REFRESHER:

Hand signals shall be given continuously during the last 100 feet before initiating a turn, unless both hands are needed to control or operate the bicycle.



For left turns: either extends the left arm straight out to the side or right arm to the side and up.

For right turns: either extends the left arm to the side and up or extend the right arm straight out to the side.



For a stop or a decrease in speed: extend the arm to the side and down.

HELMET TIPS:

- Buy a helmet that bears a label saying it meets the CPSC, the Snell Memorial Foundation standard B 90, B 90S, N 94, or B 95; or the American Society for Testing and Materials (ASTM) standard F 1447 93 or F 1447 94.



Label Samples

- Wear the helmet flat atop your head. Do not wear the helmet tilted back at an angle.
- Do not wear other headgear under the bicycle helmet such as ball caps and watch caps.
- Make sure the helmet fits snugly and does not obstruct your field of vision.
- Always wear the helmet with the chinstrap firmly buckled. To provide impact protection, make sure the chinstrap fits securely and the buckle stays fastened. No combination of twisting or pulling should remove the helmet from the head or loosen the buckle on the strap.
- Do not use a helmet after it has been involved in an accident. Damage may not be visible to an untrained eye and even very small cracks in the helmet may greatly reduce a helmet's effectiveness in preventing injury. Either destroy the helmet and get a new one or have it inspected by the manufacturer.

Helpful Hints and Safety Tips For Bicyclists



For more information:

Traffic Safety Office
CFAY N35

Phone # 243-7354/2471

HELPFUL WEBSITES:

<https://www.cnic.navy.mil/Yokosuka/>
<http://www.safetycenter.navy.mil>