



## **Safety and Group Riding Tips For New Bikers**

Bicycle Club of Philadelphia is a recreational biking club which sponsors rides and biking activities throughout the year. **For more information about the Bicycle Club of Philadelphia, please check out the website at <http://www.phillybikeclub.org>** If you are a new bike rider, we hope you find these tips helpful.

### **First, Get Ready To Bike**

- **Helmet:** Get a Helmet that properly fits and wear it every ride
- **Air Pressure:** Inflate tires to rated pressure as listed on tire
- **Brakes:** Inspect for wear. Replace if less than 1/3" of pad left
- **Bike Selection:** Pick a bike that fits your riding style
  - Road, Touring, Hybrid, Mountain
- **Frame Size:** You should have 1"-2" of stand over on road bikes
- **Saddle Height:** When seated, you should have a slight bend in your knee with your feet on the pedals
- **Handlebars:** Set up is a personal preference
  - higher for comfort, lower for performance
- **Saddle Design:** Gender specific, comfort and performance
- **Clothing** -Bike Shorts with a pad, Shoes, Jerseys, and Glove

## Second, Ride Safely on the Road

- A Bike is a Vehicle
  - The same laws that apply to motorists apply to cyclists
- Obey all Traffic Control Devices
- Use Hand Signals to indicate Stops and Turns to other users
- Ride on the Right
  - Always ride in the same direction as traffic
  - Stay far enough away from curb to avoid hazards
  - Ride in the right third of the right-most lane
  - Take the entire lane if traveling the same speed as traffic or in a narrow lane
- Yield to Traffic in Destination Lane
  - Traffic in your destination lane has the right-of-way
  - Make eye contact with drivers lets them know that you see them
  - Signal and make your lane change early, before you need to
- Be Visible
  - Always ride in or near a travel lane
  - Stay visible by riding where drivers are looking
  - Wear bright clothing at night as well as during the day
- Parked Cars
  - Never ride within three feet of parked cars so you don't get hit by an opening car door
  - Watch for brake lights, front wheels, signals and driver movements
  - Position yourself in the field of vision of a motorist pulling out of a parking space
- Stop Off Road
  - When stopping for mechanical problems or rest, always move clear off the road

## Third, Rules for Group Riding

- Be Predictable
  - In a group, your actions affect those around you
  - Riders expect you to continue straight and at a constant speed
- Use Hand Signals to Indicate Turns and Point Out Hazards
  - Left or right arm straight out for left or right turn
  - Arm out & down with palm to the rear for stopping
  - Call out the hazard and point to it, left or right
- Change Positions Correctly
  - Slower moving traffic stays to the right
  - Faster traffic to the left
  - Pass slower moving cyclists on the left; announce your intention to do so "Passing on the Left"
  - Do not pass on the right. If you have to pass on the right, announce it clearly
- Watch for Traffic from the Rear
  - The last rider should check for overtaking cars
  - Announce "car back" clearly and loudly
  - Helpful to announce "car up" on narrow roads or when riding two abreast
- Watch Out at Intersections
  - Leader should announce slowing or stopping
  - Each cyclist is responsible for checking cross traffic; if you must stop, signal
  - A cyclists should not call "Clear" as this might change by the time the next biker is at the intersection
- Ride Single File Between Intersections
  - Double up when the group stops
  - When traveling at the same speed as cars and the group wants to 'take the lane', double up and take the whole lane