



Bicycle Safety and Security



Bicycle Safety Basics: Is Your Bike Ready to Ride?

- Ride a bike that fits you. Both feet should be able to touch flat on the ground when straddling.
- Remember your **ABCs**: **AIR** (check routinely, and after winter), **BRAKES**, **CHAIN** (to ensure it is lubricated and in the correct position).

Helmets:

- Wearing a helmet can reduce your risk of injury by 88 per cent.
- A helmet must fit correctly: no hat underneath.
- Choose the shell size carefully. It should not rock back and forth and should have no more than one finger gap at the sides.
- Always keep your chin strap fastened. It is properly snug if you can fit two fingers between your chin and the strap.

Clothing and Equipment:

- Wear shoes that cover your toes. No bare feet or sandals.
- Secure all loose fitting pant legs, sleeves and laces.
- If riding at dusk or after dark, place a white light on the front of your bike and a red light at the rear.
- Always wear reflective clothing

Follow the Rules of the Road:

- Ride in a straight line on the right-hand side of the road, in the same direction as traffic. Always look ahead and scan for hazards such as parked cars, animals and pedestrians.
- Stop at all red lights and stop signs. Look in both directions to ensure it is clear before proceeding.
- Signal so drivers know your next move.



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Signals:

- **Right turn:** Left arm straight out and bent up at 90 degree from elbow.
- **Left turn:** Left arm straight out pointing left.
- **Stopping or slowing:** Left arm straight out bent down on a 90 degree angle, palm back hands open.

Bicycle Security:

- Record your bicycle's make, model and serial number. Keep the information, along with a digital photo, in a safe place.
- Make your bicycle as undesirable as possible.
- Consider removing decals or repainting your bicycles to disguise top-of-the-line models.
- Consider a beater bicycle for everyday use.
- Leave expensive bicycles at home and commute on a less expensive, less appealing model.
- Make your bicycle unrideable. Remove wheels and saddles to make it impossible for thieves to ride away on your bicycle.
- Report stolen bicycles or parts. While most of the time police can't do anything to locate a stolen bicycle, they can take action if there are several thefts in a given area.
- Don't support the stolen bicycle black market. Buy only from reputable shops or from people you trust. If you are unsure, ask questions, request to see a receipt/registration or call the police.

Locks and Locking:

- Always keep your bicycle locked, even when it is stored or left in a garage or on a porch.
- Invest in the best-quality lock(s) you can afford. This is usually a hardened steel U-lock or hardened steel chain and padlock.
- Use two different locks - one for each wheel - so that thieves would require two different types of tools.
- Be sure to lock at least one wheel (preferably two) and the frame to the rack or object.
- Leave as little space as possible within the 'U' of the lock. Position it so the keyhole faces down to the ground. A keyhole located in the middle of a straight bar (instead of at the end) offers greater security.
- Keep locks and chains off the ground so they cannot be hammered or smashed against it.
- If you don't need a quick-release seat and wheels, replace them with standard bolts. If you do want quick-release items, take them with you or lock them to the frame.
- Take anything that is not securely fastened with you when leaving your bicycle unattended.

Location:

- Lock your bicycle in busy, well-lit places whenever possible.
- Always lock your bicycle to sturdy, immovable objects that are bolted down. Ensure it cannot be lifted over the object you are locking it to.
- Avoid locking your bicycle to items that can be cut, such as chain-link fences, trees or wooden railings.
- Out of courtesy and in the interest of safety, never lock bicycles to wheelchair ramps.