



Bicycle Safety Tips

(Adapted from The Nebraska Bicycle Safety Brochure at www.transportation.nebraska.gov/docs/Bicycle-Safety-current.pdf)

Cycling is a great form of physical fitness for all ages. Whether you're cycling competitively or just for fun, there are safety measures you should consider before you get rolling.

Helmets

Wear a helmet. All bike helmets sold in the US are approved by the Consumer Product Safety Commission; the difference between a high end or budget helmet is the weight, style and comfort; both protect equally well.

Railroad Tracks and Sewer Grates

Cross railroad tracks as close to a right angle as possible. Watch for sewer grates or cracks in the surface that might catch your tire.

Be Predictable

Avoid sudden movements. Do not surprise motorists, pedestrians, or other bicyclists. Make sure to signal your turn. Use Hand Signals. Signaling your intentions is essential to let motorists and riding companions know what you are about to do.

Be Easily Seen

Wear brightly colored clothes and reflectors. Try not to ride alone. Even two bicyclists are more visible than one.

See

Keep your eyes on the road for obstacles and watch the traffic. A rearview mirror mounted on the bike or on glasses can be a valuable safety benefit. Be ready for cars that don't see you.

Listen

Do not wear ear buds or headphones while cycling. You need to be able to hear the cars.

Use Paved Shoulders

When riding on highways having paved shoulder ride on the shoulder, if at all possible.

Recommended Items to Take Along

Cell Phone, Identification Card, Medical Card, Tire Repair Kit and Extra Water.

Equipment on Bicycles

Make sure your brakes are in good condition.

Use a blinking red light at the rear at night (or even during the day).

Have an attached light on the front of your bike for night riding; this is mostly so cars can see you coming rather than lighting the way.

Have side reflectors on your bicycle wheels when riding at night.

The Nebraska State Patrol does not recommend riding a bicycle on rural state highways at night due to the higher speeds and reduced visibility.

Have reflectors on your pedals (or shoes) when riding at night. (it's a state law).
Obey the Rules of the Road including stopping at stop signs.

Always Ride Defensively

Bicyclists are allowed on all streets and roads except for interstate highways or freeways (such as West Dodge Road, with full on and off ramps). Motorists are required to pass with 3 feet clearance of bikes. But remember that a bicycle is vulnerable so always be ready to take evasive action.

Mandatory Side Path Law

Nebraska law states that you should not ride your bicycle on the highway if a usable bike path is adjacent. This does not apply when riding on surface (paved) shoulders.

Ride Single File on the Highway

When on the highway (including county roads), bicyclists must ride single file except when passing another cyclist. This does not apply when riding on a surfaced shoulder. Ride as close to the Right Side of the Roadway as Practical:

- Unless you are overtaking and passing another bicycle or vehicle;

- Unless you are preparing to make a legal left turn; in that case you should move over to the left turn lane just like a car would do.

- Unless you are traveling the same speed of the current traffic;

- Unless you are traveling on a paved shoulder of a highway;

- Unless it is reasonably necessary to avoid unsafe conditions such as potholes;

- Unless the lane you are in is too narrow for both vehicle and bicycle to travel side by side;