

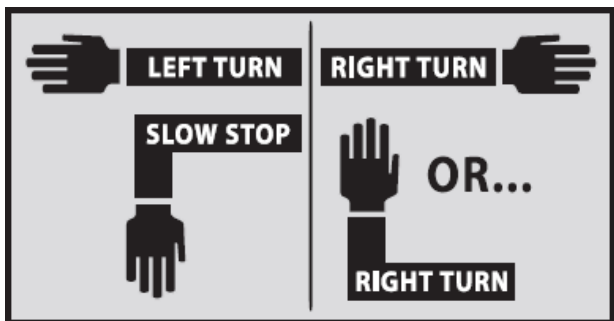


## **Prepare for your ride**

- Wear a properly fitted helmet.
- Check brakes and tires
- Wear light colors to make it easier for drivers to see you.

## **Tips to stay safe while riding**

- Stay alert.
- Put away electronic devices.
- Pay attention to lane markers.
- Don't ride between vehicles.
- Cross at intersections.
- Make eye contact with drivers before crossing.
- Never attempt to cross a multi-lane highway.



## Use proper hand signals

- For a left turn, stretch your left arm to the left.
- For a right turn, stretch your right arm to the right.
- For a stop, hold your left elbow out, arm downward, with palm facing behind you.

## Tips for drivers

- Stay alert.
- Be on the lookout for cyclists on the highway, especially at intersections.
- If you're passing a cyclist, move to another lane if possible and give them plenty of room.
- Watch for cyclists who may need to maneuver around potholes and debris.