

Avoid road hazards



Be aware of hazards in the road, such as roadwork, sewer grates, tree branches, and glass. Ride carefully as you encounter things like uneven or slippery pavement.

Be ready to brake

Keep both hands on or close to the brake levers. If you need to stop suddenly, the rear brake alone may not provide enough stopping power. Use both brakes for the more control. In wet conditions, allow more time for braking because brakes don't work as well in the rain.



Watch your speed



Even though bicycles are usually slower than cars and travel less than the speed limit, never exceed the speed limit. The speed limit on multi-use trails is generally 15 mph.

Keep your bike in good working condition

Periodically, make sure your bike is safe to ride. Make adjustments as necessary. Keep the tires inflated to the proper pressure, keep brakes adjusted and wheels true, and replace any broken or worn out components.



Safety Checklist

Always wear your helmet

Even if you follow all traffic rules, accidents do happen.

In addition, make sure you have:

- ✓ Properly sized bicycle
- ✓ Bicycle in good working condition
- ✓ Lights/reflectors for night time riding
- ✓ Appropriate clothing
- ✓ Common Sense!

And never ride with headphones or ear buds!



Other Bike Safety Resources

Here are some other places to learn about staying safe on your bike:

East Bay Bicycle Coalition

www.ebbc.org/?q=safety

San Francisco Bicycle Coalition

www.sfbike.org/?safety

Walnut Creek Police Department

www.walnutcreekpd.com
Non-Emergency: (925) 935-6400

If you notice safety hazards

in Walnut Creek, please contact the Transportation Planning Division at 925-943-5899 ext 2251.

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Bicycle Safety



Tips for Safe Bicycle Riding

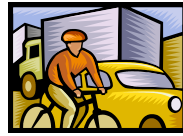
By California law, cyclists have the same rights, and must follow the same rules, as motorists. The following tips will help you follow the law and stay safe on the road.

Be predictable

This is the key to being safe in traffic; follow traffic rules and the flow of other vehicle traffic.



Be aware of traffic around you



It is important to know what is going on to all sides of you. Stay out of motorists' blind spots. And look behind you to see what is going on. You will be able to

see if there is a speeding car or something else that you should be aware of. A rear view mirror is helpful, but learning to look behind you without swerving is more effective.

Obey traffic signs and signals

At traffic signals, wait for the green light. At stop signs, come to a complete stop and proceed only when it is safe to do so.



Also follow One-Way, Do Not Enter and other traffic signs.

Riding on Sidewalks

In Walnut Creek, riders under 16 years may ride on sidewalks except in business areas. If a sidewalk is signed as a bicycle path, then adults may ride on that sidewalk.



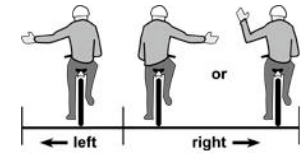
Watch for right-turning traffic

A common cause of accidents involving bicycles and vehicles is getting hit by a car that is turning right when the cyclist is going straight. If you are in a right turn lane, you must turn right. If you are going straight, position yourself in a through lane.



Use hand signals

Signaling to other drivers is a safe and effective way to communicate what you are about to do.



When you don't use hand signals, drivers cannot know if you will be turning if you are not in a turn lane. Use hand signals in the same manner you would use turn signals in a car.

Choose the best way to turn left



To make a left turn, ride to the left of the lane (the turn lane if present) and turn when safe. Use hand signals to communicate what you are doing. A second way to make a left turn is to dismount and cross, like a pedestrian.

Yield to pedestrians

Bicyclists are not pedestrians. You must stop for pedestrians in crosswalks and when riding on sidewalks (see "Riding on Sidewalks"). When sharing a path with pedestrians, give an audible signal before passing.



See and be seen
State law requires bicycles ridden at night to be equipped with a front light, a back reflector, pedal reflectors, and wheel or side reflectors. Wearing light-colored or reflective clothing further increases visibility.

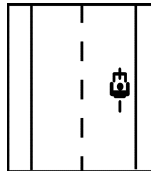
Always ride with traffic

Riding on the wrong side of the road is illegal and dangerous. Motorists don't expect to see vehicles on the wrong side of the road.



Ride in a straight line

Don't swerve in and out of traffic, or between parked cars. Check behind you before changing lanes.



Stay to the Right

Stay to the right of traffic when possible and when you are going slower than other vehicles. Be sure to stay at least three feet from parked cars in case a door opens suddenly. Use bike lanes when practical.



Make eye contact

Attempt to make eye contact with drivers so that you know that they are aware of you.

