

RIDE READY

Ride Predictably

- Ride in a straight line to minimize weaving in traffic
- Signal before making a turn
- Check behind you before making a turn or changing lanes

Embrace the Rules of the Road

- Obey all traffic signals and signs
- Ride in the rightmost lane or bicycle lane in the same direction as traffic

Always Think Ahead

- Make sure your bike is good to go with an ABC-E Quick Check
- Carry tools and supplies for your ride
- Watch for turning vehicles and car doors
- Brake sooner on an e-bike. You will need to slow down sooner because e-bikes have more power, speed, and weight than conventional bicycles

Do Be Seen and Be Safe

- Ride where people can see you
- Wear bright clothing
- Use a front white light, rear red light and reflectors if riding during times of darkness

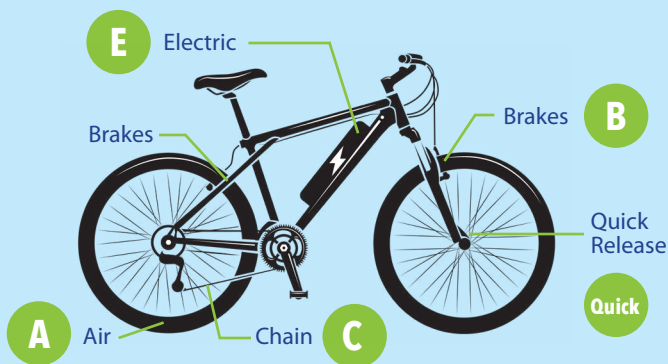
You Control Your Safety

- Always wear a helmet
- Ride at a safe speed that is appropriate for where you are riding
- Think for yourself on group rides. While riding in a group is fun, it is crucial that you rely on your own judgement rather than someone else's

E-Bike

SAFE CYCLING TIPS

Bicycle Safety Check is as easy as A.B.C.E. Quick Check



ABC-E Quick Check

Air - check tires for air

Brakes - check brakes for wear

Chain & Cassette - check for excessive wear/dirt

Electric - check battery and electric components

Quick - check quick releases

Check - check the bike for any potential issues

Safety Tips when Riding

Be Safe:

Wear a helmet

Identify hazards and be ready to react

Be Visible:

Dress for safety and be seen

Wear reflective clothing to be seen at night

Be Aware:

Think ahead. Pay attention to vehicles, bicyclists, and pedestrians

Follow rules and road signs. Follow traffic direction of travel

Be Predictable:

Ride in a safe and consistent manner

Communicate your intentions with hand and arm signals

For more safety tips, please visit us
online at www.chp.ca.gov/Bike-and-Ped-Safety

Or scan our QR code

