Before you ride

Stop

Left

Right

(Alternative)

Bicycle safety check

Chain is clean, lubed and runs smoothly.

Seat is straight and at the right height.

Brakes in front and back work smoothly.

Handlebars are tight and straight.

Straps should form a “V” shape with the sliders below ears. The chinstrap should be tight with only two fingers’ width between neck and strap.

Tires are properly inflated.

Use bright clothing with reflectors.

Use a white front light, red rear light, and reflectors at night.

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"Safe Biking: Quick Tips" was developed by the Bicycle Transportation Alliance, through the support from the Oregon Department of Transportation, the City of Portland Office of Transportation, NikeGO, Giant Bicycles, and other local sponsors.

Biking basics

Ride predictably on the right side of the road in single file. Obey all traffic laws and signs.

Always wear your helmet.

Use bike lanes when available. Bike lanes provide a space just for bicyclists so they can travel safely.

Keep pant legs and shoelaces out of moving parts.

Biking basics

Now that you’re ready to ride...

Always wear your helmet - every time you ride.

- Ride in the same direction as other vehicles. Bicyclists and drivers follow the same rules of the road.
- Pay attention to traffic. Do not use headphones or cell phones while you bike.
- Be visible. Wear bright clothing and reflective materials when you ride.

And, above all, obey all traffic laws, signs, and signals.

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Ride Safely. The Way To Go.

**Road positions**

Proper road position is essential to get where you are going safely and predictably.

**Position 3** - Right side of the lane, 3 feet from the curb and 3 feet from parked cars. Used for the majority of riding.

**Position 2** - Center of the lane. Ride in position 2 to avoid road hazards. Use a shoulder check before moving to position 2.

**Position 1** - Far left of the lane. Use this position to turn left.

**Hazards**

Watch out for potholes, broken glass, opening car doors, and parked cars that can block your view.

**Exiting driveways**

Stop at the end of the driveway or alley and look for traffic before proceeding onto the road. Yield to pedestrians. Move forward until you have a clear view around buildings and parked cars. Go only when it is clear.

**Right-of-way**

All vehicles must follow right-of-way rules. Right-of-way decides who goes first at an intersection. At an intersection with four stop signs—

If two vehicles arrive at different times, the vehicle that arrives first goes first.

If two or more vehicles arrive at the same time, the vehicle on the right goes first.

If two vehicles moving in opposite directions arrive at the same time, the vehicle going straight goes first.

**Going straight**

Stay in position 3 as you ride up to the stop sign. Stop at the stop sign and look left, right and left again for traffic. Continue riding in position 3 through the intersection.

**Turning right**

Stay in position 3 as you ride up to the intersection. Stop at stop signs and look left, right and left again for traffic. Give your right turn signal and ride into position 3 on the adjacent street. Make a tight turn and continue riding in position 3.

**Shoulder checks**

Looking back over your shoulder for traffic is an important skill. Cyclists use shoulder checks when preparing for left hand turns, lane changes, and to be aware of traffic. Here are some pointers for easy shoulder checks.

- Ride with your right hand on the handlebars and your left hand on your hip.
- Sit up tall and look back over your left shoulder.
- Practice until you can ride and look back for traffic without swerving.

**Intersections**

Make eye contact to communicate with drivers. Before moving into the intersection, make sure all motorists see you! Let pedestrians cross the street safely before proceeding.

**Exiting driveways**

Stop at the end of the driveway or alley and look for traffic before proceeding onto the road. Yield to pedestrians. Move forward until you have a clear view around buildings and parked cars. Go only when it is clear.

**Signs**

- **Stop sign**
  - Come to a complete stop.

- **Yield sign**
  - Slow down and watch for traffic.

- **Traffic signal**
  - Green=Go
  - Yellow=Stop
  - Red=Stop

- **RR sign**
  - Slow down, look and listen. Stop for trains.

**Looking back**

Over your shoulder for traffic is an important skill. Cyclists use shoulder checks when preparing for left hand turns, lane changes, and to be aware of traffic. Here are some pointers for easy shoulder checks.

- Ride with your right hand on the handlebars and your left hand on your hip.
- Sit up tall and look back over your left shoulder.
- Practice until you can ride and look back for traffic without swerving.