

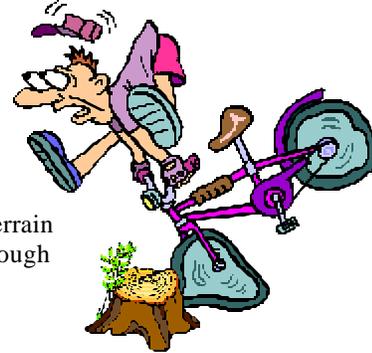


# Knowing Bicycle Safety means:

**Knowing yourself.  
Knowing your equipment, and  
Knowing the "Rules of the Road".**

## Knowing yourself

Many people over-estimate their ability to ride and under-estimate the risk involved in cycling. New riders need to be aware that cycling can be dangerous and avoid riding on routes that exceed their riding knowledge or physical capability. All riders who plan to ride on extreme terrain (mountain trails) or in heavy, fast moving traffic should first get trained through a certified Bicycle Safety Course.



## Knowing your equipment

### Sizing it up.

There are many things you can do to make sure your bicycle is safe to ride. Checking your bicycle owner's manual for safety information is a good place to start. To make sure your bicycle is the right size for you. Straddle the bicycle so that both feet are flat on the ground. On a male's bicycle, there should be 1 to 3 inches of space between you and the top cross bar. On both male and female bikes, the seat should be adjusted so that when sitting with your feet on the pedals, your leg is slightly bent at the knee when the pedal is in the full down position.

### Be seen – Be heard – Be legal.

Riding in the dark in Germany can be dangerous. German law requires that all bicycles be equipped with a Euro Safety Kit. Euro kits consist of a white light for the front, red light in back and reflectors all around. Both lights should be visible from a distance of at least 500 feet. Also required is a bell to warn pedestrians you are coming. To aid in being seen, riders should wearing light or brightly colored clothing with reflective patches. Always wear shoes that grip your bike's pedals and never wear cleats, shoes with heels or ride your bicycle bare-footed.

### Inspect it before use.

Before each ride, inspect the bicycle to ensure that the brakes are able to stop the bike, that the tires have the proper air pressure and that the front tire and handle bar is properly aligned. Also, tighten all the nuts and bolts.

### Gear-up for a safe ride.

The most important thing you need to wear goes on your head. Look for a helmet with any of the following letters: **CPSC, ASTM, or Snell**. These helmets have been inspected and approved as one of the safest types of helmets to wear while engaging in cycling activities. Remember that when buying a helmet, one size does not fit all. Ensure that you size your helmet as described in bicycle helmet manufacture's instructions.

## Knowing the "Rules of the Road"

Ride Right and signal your intent – Stay to the right side of your lane. Before making any abrupt turns or changes in direction, look back to check for approaching traffic, then use the international hand signal for turning.

You are no different than a car – Keep a sharp lookout for danger in every direction at all times. If you want to be safe in traffic you have to act like traffic. Bicyclists must know and follow the same rules motorists do.

Expect the Unexpected. Expect cars to pull out from side streets and parking spots or turn left or right into your path without signaling. Also, allow about four feet between you and parked cars. A careless driver could open a car door into your path. If you are ready for trouble, you are better able to react appropriately.

### Know The Rules and Have A Safe Ride.

**“Safe Riding Tips from the 233<sup>rd</sup> Base Support Battalion Safety Office”**

**YOUR COMMUNITY CONNECTION TO SAFETY**



# 233rd BSB Safety Gram

