

BO BIKES BAMA

Bicycle Safety Overview

- Check over your bike before the ride to make sure the shifters and brakes are functioning properly and that you know how to safely use them.
- Make sure your helmet fits properly and can be securely buckled.
- Don't forget your gloves, sunglasses and sunscreen. We recommend sunglasses or clear glasses regardless of the weather conditions to protect your eyes.
- Try to drink at least one bottle of water every hour or so – and try to eat small snacks throughout the ride. Do not wait until you're hungry or thirsty to refuel.
- Please be aware, the use of headphones or earbuds is not allowed when riding at Bo Bikes Bama.
- If you are carrying extra layers of clothing on yourself or on your bike while riding, make sure everything is securely stored so nothing gets stuck in your spokes.
- If you're not comfortable eating, drinking, or checking your map while moving, please stop to do so. When stopping, pull over in a place where you will be easily seen by oncoming traffic (i.e.: not at the top of a hill or in a turn). Also make sure you are off the road a safe distance.
- When riding in a pack, you must be aware of everyone around you at all times. When slowing and stopping, say so loudly enough for riders behind you to hear. You should also use visual cues such as putting your hand down, palm facing back to indicate slowing. If there is any debris in the road or another hazard such as a pothole, loudly announce the hazard to those behind you as soon as you see it. You can also point to potholes, gravel, or debris as you approach in order to indicate to riders behind you what side to avoid.
- When turning, loudly announce "Right Turn" or "Left Turn" and proceed to indicate this with the appropriate arm straight out to the side to also notify oncoming cars.
- Although you should avoid it, if you overlap someone's rear wheel with your front wheel, say so. A quick "Overlapping on the left," or "right" will do. Remember if you touch wheels, the person in front will most likely be fine, but the person in back runs a high risk of losing control of the bike. If you approach other riders, notify your riding companions: "Rider up."
- When overtaking riders in front of you, notify them that you are about to pass

(and on which side-- it should be on the left) so as not to catch them off guard.

- We do not recommend riding in a pace line with no previous experience as this requires a very heightened sense of awareness of other riders and of your own riding behavior. If you do so, it is imperative that you clearly communicate verbally and use hand signals to communicate with the riders in your pack.
- Riding downhill: Use both brakes lightly to control your speed as you descend. Remember that your front brake has much more braking power than the rear, so do not use it by itself! If you have to suddenly slow down or stop, transfer more of your weight to the back of the bike. Do not shortcut turns by going into the other lane.
- Riding on wet surfaces or in the rain: Watch out for painted lines on the road (which can be extremely slick when wet!). Also, don't lean into turns as much as you might in dry conditions.
Be aware that stopping will take more time than in dry conditions.
- You are a vehicle, and therefore you have the same rules and responsibilities as cars:
 - Stay as far to the right as possible
 - Signal turns to others with proper arm signals
 - At intersections, before proceeding, make sure you have the right of way
 - Stop at traffic lights and stop signs
- Remember that the signal to stop a support vehicle is to hold out your left arm, palm closed.
- Please be courteous and remember that you represent all cyclists to drivers behind you.