Rules for **Bicyclists**

Driving on the roads requires care and courtesy whether you are driving a car or a bicycle. As road users, bicyclists must be predictable and obey all traffic laws by riding in a responsible manner. **Bicyclists fare best when they act and are treated as drivers of vehicles.** Do your part by being a good ambassador to bicycling. Below are a few bicycle driving rules for your review.

Thanks and have fun!

**Obey All Traffic Laws**
Ride with traffic. Obey stop signs, traffic lights, and other traffic controls. Bicyclists fare best when they act and are treated as drivers of vehicles.

**Ride Single File in Traffic**
Always ride single file except when passing others. Also, notify other bicyclists of approaching cars.

**Be Prepared for Conditions**
Always carry appropriate repair supplies, clothing, and plenty of water when traveling by bicycle. When you use your brakes in the rain, allow yourself extra distance to stop.

**Wear a Helmet Correctly**
Helmets are required by law for anyone under 18, but everyone should wear a helmet to prevent head injury. Your helmet should be level and snug.

**Watch for Potential Hazards**
Scan the road 100 feet ahead for hazards—drains, potholes, tracks, or debris. Allow time to maneuver around these hazards and negotiate with traffic. Avoid riding into open car doors by giving yourself 3 or 4 feet.

**Signal All Turns**
Look back before you make a lane change or turn. Signal safely in advance using one of these signals.

**Warn Others When Approaching**
Bicyclists must yield to pedestrians. Be courteous by warning others with a ring of your bell or a friendly greeting. Allow plenty of space when passing.

**Always Ride with Lights at Night**
Bicycle reflectors are not sufficient for safety. Use a headlight and red taillight to be visible from at least 500 feet when riding at night. Flashing tail lights and reflective clothing are recommended.

**Maintain and Regularly Inspect Your Equipment**
Be safe and keep your bike tuned up. Take it to a bike shop at least twice a year for professional inspection. Secure any loads tightly to a rack or trailer.

**Be Visible and Predictable**
Wear bright colors. Ride in a predictable manner. Plan ahead to avoid obstacles. Signal before changing directions.

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Thanks to the Bicycle Coalition of Maine for giving us permission to use their graphics and information.