

## Safety Reminders

### Traffic

- Wear your helmet.
- Wear high-visibility clothing.
- Obey traffic laws; you are legally a vehicle.
- Ride single file.
- Ride in small groups – no more than 2 or 3.
- Watch your speed, especially descending.
- Don't draft or ride close to your neighbor.
- Give clear verbal and hand signals.
- Assess the dangers at each intersection.
- If in doubt, walk through intersections, especially making left turns.
- Ride on the right, but at least 18 inches from the edge of the road.
- Ride a door's width from parked cars, typically 5 feet.
- Give adequate warning when slowing or stopping.
- Stop in a safe location; move your bike all the way off the road.
- On narrow roads, be aware of traffic coming toward you as well as from behind you.
- Avoid confrontations with motorists.

### Equipment

- Service your bike (chain, brakes, cables, wheel alignment) before a tour.
- Put on new tires before a tour.
- Ride your bike 50 miles after you service it and before you pack it.
- Check you bike carefully after you unpack it, then give it a good test ride.
- Carry basic tools and spare parts, and know how to use them.
- Put on fenders if there is the threat of rain.

### Road conditions

- Watch for potholes, crumbling pavement, cracks, and gravel.
- Cross railroad tracks, curbs, and steel plates at right angles; walk if in doubt.
- Be careful of steel plates and thick paint; they can be slippery when wet.

### Weather

- Carry high visibility raingear if there is the threat of rain.
- Slow down and extend the distance from your neighbor on wet roads.
- Carry sufficient clothing for changes in the weather and for cold descents.
- Use sunscreen, even on overcast days.

### Completing the day's ride

- Carry sufficient water and food.
- Take a break at least once an hour.
- Always know your location on the maps and cue sheets.
- Carry the phone numbers for the ride leader, the van driver, and the next hotel.
- Notify the ride leader if you are going to be late (e.g., after 5:30).
- In an emergency, call for a pick-up. Relay your exact location, and stay there.