**Basics of Bicycle Safety on the Road: SFCC Education Committee**

1. Ride defensively: drivers often don’t see you
2. Follow the rules of the road, as if you were driving a car (stop signs apply to bikes)
3. Use hand signals to indicate your turns and stops
4. Wear bright, high-visibility clothing even in daytime
5. Make sure intersections are clear before proceeding
6. Get the attention of drivers (be sure they see you) during potentially dangerous turns
7. Be predictable and signal any change in your line as soon as possible
8. Look behind you before moving left into the lane of traffic
9. Wave your arm if you are unsure that drivers see you
10. With cars parked alongside of road, take space to avoid a door that may open
11. Do not wear headphones
12. Do not ride on the sidewalk
13. Use blinker lights on your bike or helmet, no matter the time of day you ride
14. Wear a headlamp and a rear light when riding at night
15. WEARING AN APPROVED HELMET IS MANDATORY