Bicycling is a fun and healthy way to get around and get your daily dose of physical activity. But before riding, make sure you and your bike are ready to ride.

WEAR a HELMET
Make sure it fits and is strapped on. It should be a snug fit with little movement.

LOOK for HAZARDS
Look ahead for cars pulling out of driveways or people exiting parked cars. Always look both ways and scan ahead when turning.

FOLLOW the RULES
Stop at stop signs and traffic signals. Ride to the right when on the road, with the flow of traffic. Yield to pedestrians and other vehicles when riding on a sidewalk or path.

DON’T get DISTRACTED
Do not get distracted by your phone or other devices. Stay alert at all times. Listen for traffic and other road users nearby.

SIGNAL your MOVES
Use hand signals to let others know your intended moves.

MAKE some NOISE
Use a bell, a horn, or your voice to alert others when approaching from behind, especially pedestrians when riding on a sidewalk or path.

CHECK your GEAR
Make sure your tires have air, your brakes work, your seat is adjusted, and nothing seems loose.

Be WEATHER READY
Make sure you’re prepared for all types of weather. Carry a light jacket to help stay warm and dry. Use your lights on cloudy days.

SEE and be SEEN
Wear bright or reflective clothing and always use lights when riding at night or in low light. Lights help you see and be seen by others.

LOCK it UP
One of the best ways to protect your bike is to lock it up with a quality lock, even while at home.