



BIKING • SEA KAYAKING • HIKING • WILDLIFE TOURS

BICYCLE SAFETY & SAFE RIDING TECHNIQUES

Please read this and bring it with you on your tour for reference.

SAFETY GEAR FOR ALL RIDERS

- **HELMET - ALL RIDERS ARE REQUIRED TO WEAR A HELMET WHILE RIDING ON OUR TOURS**
To fit your helmet properly, move the strap adjusters to form tight triangles around each ear and lock the strap adjusters below the ear right over the jaw bone - not below the chin. Next, tighten the chin strap so it is comfortably snug under the chin. A loose helmet may come off in a fall and provide no protection!
- **GLASSES**
- **BIKE GLOVES**
- **BRIGHT COLORED CLOTHING – BE SEEN & BE SAFE**
- **SUNSCREEN & LIP SCREEN**
- **WATER & SNACKS**

SAFE RIDING TECHNIQUES

- **AVOID EXCESSIVE SPEED, WHICH IS THE PRIMARY CAUSE OF MOST SERIOUS INJURIES ON BIKE TOURS!**
- **RIDE AT A SPEED APPROPRIATE FOR THE ROAD & WEATHER CONDITIONS**
- **LOOK WHERE YOU WANT YOUR BIKE TO GO – YOUR BIKE FOLLOWS WHERE YOUR EYES LOOK**
- **WATCH FOR CHANGES IN THE ROAD SURFACE – ROCKS, GRAVEL, CRACKS, POT-HOLES, CURBS, ETC.**
- **CROSS R/R TRACKS, WATER BARS & ROAD GRATES AT A 90° ANGLE**
- **FOLLOW OTHER RIDERS AT A SAFE DISTANCE**
- **WARN OTHERS BEFORE PASSING THEM ON THE LEFT**
- **AVOID OVERLAPPING YOUR FRONT WHEEL WITH THE REAR WHEEL OF ANOTHER RIDER**
- **PACE-LINE RIDING IS DISCOURAGED**
- **WATCH FOR ANIMALS & PEOPLE ON THE ROAD**
- **DOGS – YELL LOUDLY OR DISMOUNT & KEEP THE BIKE BETWEEN YOU & THE DOG AS YOU WALK AWAY**

RIDING WITH TRAFFIC – BE ALERT!

- **RIDE LIKE YOU WOULD LIKE OTHERS TO RIDE IF YOU WERE THE CAR DRIVER**
- **RIDE SINGLE FILE**
- **RIDE IN YOUR 1-METER/3-FOOT ZONE ON THE RIGHT SIDE OF THE ROAD**
- **RIDE IN GROUPS OF 3-4 RIDERS & LEAVE A SPACE FOR CARS TO PULL IN AFTER THEY PASS**
- **SIGNAL YOUR TURNS – RIGHT ARM POINTING RIGHT / LEFT ARM POINTING LEFT**
- **WATCH FOR CAR DOORS OPENING ONTO THE ROAD WAY**
- **HONKING IS COMMON TO LET YOU KNOW A VEHICLE IS ABOUT TO PASS OR TO SAY HI!**

STOPPING

- **CALL OUT “STOPPING” TO WARN OTHER RIDERS**
- **ALWAYS USE BOTH BRAKES TO CONTROL SPEED AND TO STOP YOUR BIKE**
- **DOWNSHIFT TO A LOWER GEAR BEFORE YOU COME TO A STOP**
- **WITH CLIP-IN PEDALS – ALWAYS UN-CLIP ONE FOOT BEFORE YOU STOP**
- **AFTER STOPPING, UNCLIP THE OTHER FOOT**
- **ALWAYS STOP TO THE SIDE OF THE ROAD OUT OF THE DRIVING LANE**

INTERSECTIONS AND ROUNDABOUTS

- **REMEMBER, THE BIG VEHICLE ALWAYS HAS THE RIGHT-OF-WAY!**
- **AT INTERSECTIONS, IF YOU CAN SEE THE DRIVER'S EYES, THEY CAN SEE YOU!**
- **ALWAYS LOOK TO THE LEFT FIRST AT TRAFFIC INTERSECTIONS AND IN ROUNDABOUTS**
- **YIELD WHEN TRAFFIC IS ON YOUR LEFT IN THE ROUNDABOUT**
- **ENTER THE ROUNDABOUT WHEN IT IS YOUR TURN & SIGNAL YOUR EXIT**

STAYING HEALTHY

- PREVENT DEHYDRATION BY DRINKING BEFORE YOU ARE THIRSTY & SIP OFTEN DURING THE DAY
- FOOD & WATER TAKEN TOGETHER HELP KEEP YOUR ENERGY UP
- SUNSCREEN – REAPPLY WHEN NEEDED
- WASH YOUR HANDS AFTER USING THE TOILET & BEFORE EATING – KEEP YOURSELF AND OTHERS HEALTHY
- DO NOT SHARE GLASSES OR WATER BOTTLES
- SAVE YOUR BACK & ASK FOR HELP WITH YOUR BAGGAGE
- STRETCH AFTER RIDING
- KEEP YOUR BIKE SHORTS CLEAN

REMEMBER, SAFETY IS NO ACCIDENT!