

BIKE SAFETY AND ETIQUETTE

Most safety and etiquette rules are interchangeable, meaning what is safe is also good manners, and good manners promote safety. The following tips will help your ride be safe, fun and courteous.

- 1. Your helmet strap should be fastened so that only two fingers will fit comfortably under it. Helmets are required for all riders 16 and younger but are highly recommended for everyone**
- 2. Double or triple tie your shoelaces, especially on the chain side of the bike so they don't catch on the gear sprockets**
- 3. Single file is recommended (required on streets) but never ride more than two abreast. When riding abreast, if another rider or pedestrian is coming toward you or wants to pass you, the rider on the inside (closest to the opposing lane) should slow down and drop behind the other rider. Do not speed up to get in front**
- 4. If you stop on the bike path for any reason, move off the pavement**
- 5. When on the bike path and at a road intersection, STOP and walk across when it's safe. Walking your bike in the crosswalk gives you the right of way as a pedestrian, riding does not. Do not wait on the path at the intersection for others to catch up to you as drivers assume you are ready to cross. If you need to wait for others, wait off the pavement and 10 feet from the intersection**
- 6. When passing another rider, walker or runner going in the same direction, call out "Passing on your left!" far enough back that they have time to react**
- 7. Cape Cod has a sandy soil and it sometimes slides onto the path and roadways. Be careful as tires can easily skid on it**
- 8. Ride with both hands on the handlebars. Even a small bump can cause you to lose control**
- 9. Ride defensively**