

Safety Tips for Bicyclists:



Use lights and wear reflective clothing when bicycling at night.



Obey all traffic signs and signals.



Watch and listen for cars.



Ride in the direction of traffic.



Wear a helmet.



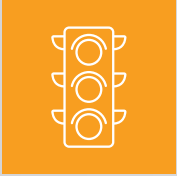
Avoid distractions like music and your phone while riding.





USE LIGHTS AND WEAR REFLECTIVE CLOTHING WHEN BICYCLING AT NIGHT:

Help cars see you. Connecticut State law says that while riding at night bicyclists must use a white light in the front, a rear red light or reflector, and reflective materials on the side of the bike. Reflective or bright clothing makes you even more visible, giving cars more time to see you and react.



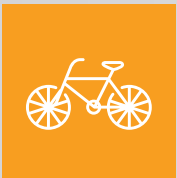
OBEY ALL TRAFFIC SIGNS AND SIGNALS:

Make sure to follow all traffic rules. When you arrive at a stop sign, stop before continuing on. If the light is red, make sure you stop. Connecticut does NOT allow the "Idaho Stop", which permits bicyclists to treat stop signs as yields and traffic lights as stop signs.



WATCH AND LISTEN FOR CARS:

Just like when you're driving or walking, make sure to look left, right, and left again.



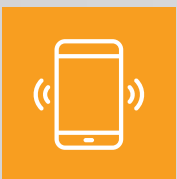
RIDE IN THE DIRECTION OF TRAFFIC:

Bicyclists have to follow the same laws and rules that cars do. Ride with the flow of traffic. Stay in the right lane and as far right in that lane as possible.



WEAR A HELMET:

Helmets are not just for kids! Wearing a helmet reduces the likelihood of a serious head injury by 85%. Make sure your helmet fits by using the 2-V-2 Rule. The helmet should be level on your head with the brim two finger lengths above your eyebrows. The side straps should make a V on each side of the ear with the adjustable clip below the earlobe. Finally, you should be able to fit two fingers between your chin and the strap.



MINIMIZE DISTRACTIONS AND BE AWARE OF YOUR SURROUNDINGS:

Put down phones and other electronic devices so you can focus on your surroundings. Music is great but it is important to hear what is going on around you. Only listen through one earbud or use technology like transparency mode to get the best of both worlds.

