

SILVER WHEELS SAFE CYCLING PRACTICES “QUICK LIST”

- 1** Obey traffic laws. Drive your bicycle following the same practices when driving your car.
- 2** Be predictable. Ride in a straight line. Signal turns and when braking. Scan all around before changing lanes or turning.
- 3** Communicate through words, hand signals, body language, and lane position. On the paths and on the road. Make your intentions clear to everyone. Announce “stopping” when you intend to stop.
- 4** Be conspicuous. Ride where you can be seen. Wear bright clothing. Use lights when visibility is poor. Make eye contact with others. Never assume you have been seen by other drivers.
- 5** When stopping for a break or for repairs, move completely off of the road.
- 6** Think ahead. Anticipate conditions and plan ahead. Watch for turning vehicles and road hazards. Allow adequate distance when following behind other cyclists. Avoid overlapping wheels.
- 7** Ride ready.
 - A) Check tire pressure.
 - B) Check brakes.
 - C) Check chain, cranks and quick releases.Use a mirror. Carry tools and supplies.
- 8** Wear protective gear: helmet; gloves; eye protection; sun screen.
- 9** Think for yourself. Avoid the pack mentality in decision making. Do not yell “clear” at intersections.
- 10** Do not use aerobars on group rides; do not use distracting electronic devices while riding (phones, earbuds).

Be Courteous: Wave & Smile. Say “Thank You”



Silver Wheels Mission:

To create and provide an environment for members and guests to



- Ride for exercise and fun
- Enjoy the social side of cycling
- Improve cycling skills
- Promote cycling in our area
- Learn more about cycling and educate the community

This quick list is provided for reference and reminder. The complete document of the Safe Cycling Practices endorsed by Silver Wheels Cycling Club, Inc. can be found on the club website,

www.SilverWheelsCycling.com
under the topic of
Resources.

These safe cycling practices are expected from all Silver Wheels members.



**SILVER
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CYCLING CLUB, INC.



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