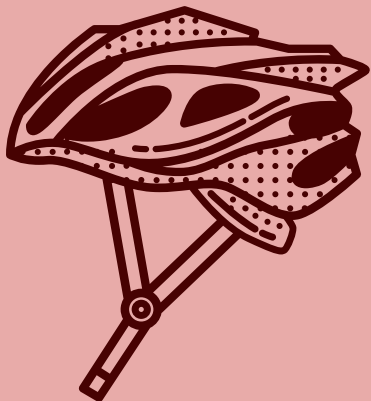


**WABA**  
WASHINGTON AREA  
BICYCLIST ASSOCIATION

# SAFETY TIPS FOR BICYCLISTS



1

## BIKES ARE ALLOWED IN THE ROAD

When riding in the road, bicyclists are expected to follow the same rules as motorists. This means that they must ride in the same direction as traffic, stop at all red lights and stop signs, and follow any other posted signs or markings such as yield and turn signals.

2

## BICYCLISTS ARE ALLOWED TO RIDE ON THE SIDEWALK, BUT NOT EVERYWHERE

Bicyclists often ride on the sidewalk when they don't feel safe riding in high-speed traffic or when there is no bike lane or trail available. When riding on the sidewalk bicyclists should go slowly and be considerate of pedestrians. Rules on sidewalk riding vary throughout the region. Visit [waba.org/bikelaws](http://waba.org/bikelaws) to check rules in your area.



3

## ALWAYS USE LIGHTS WHEN RIDING AT NIGHT

In DC and Montgomery County bicycles must be equipped with a white light in the front and a red steady or flashing light in the rear when riding at night. In Prince George's County and Virginia, bicyclists must use a white light in the front but have the option to use a red reflector in the rear of their bike.

4

## STAY OUT OF THE DOOR ZONE

The "door zone" is the space on either side of the street where parked cars open up their doors into oncoming traffic/a bike lane. To stay out of the door zone, it helps to ride in the left 1/3rd of the bike lane, or ride in the street.



5

## WEAR ONE HEADPHONE WHEN LISTENING TO MUSIC

In DC, Maryland and Virginia, bicyclists are not permitted to wear both headphones in their ears while riding. Bicyclists may use a single headphone or play music through a clip on speaker.