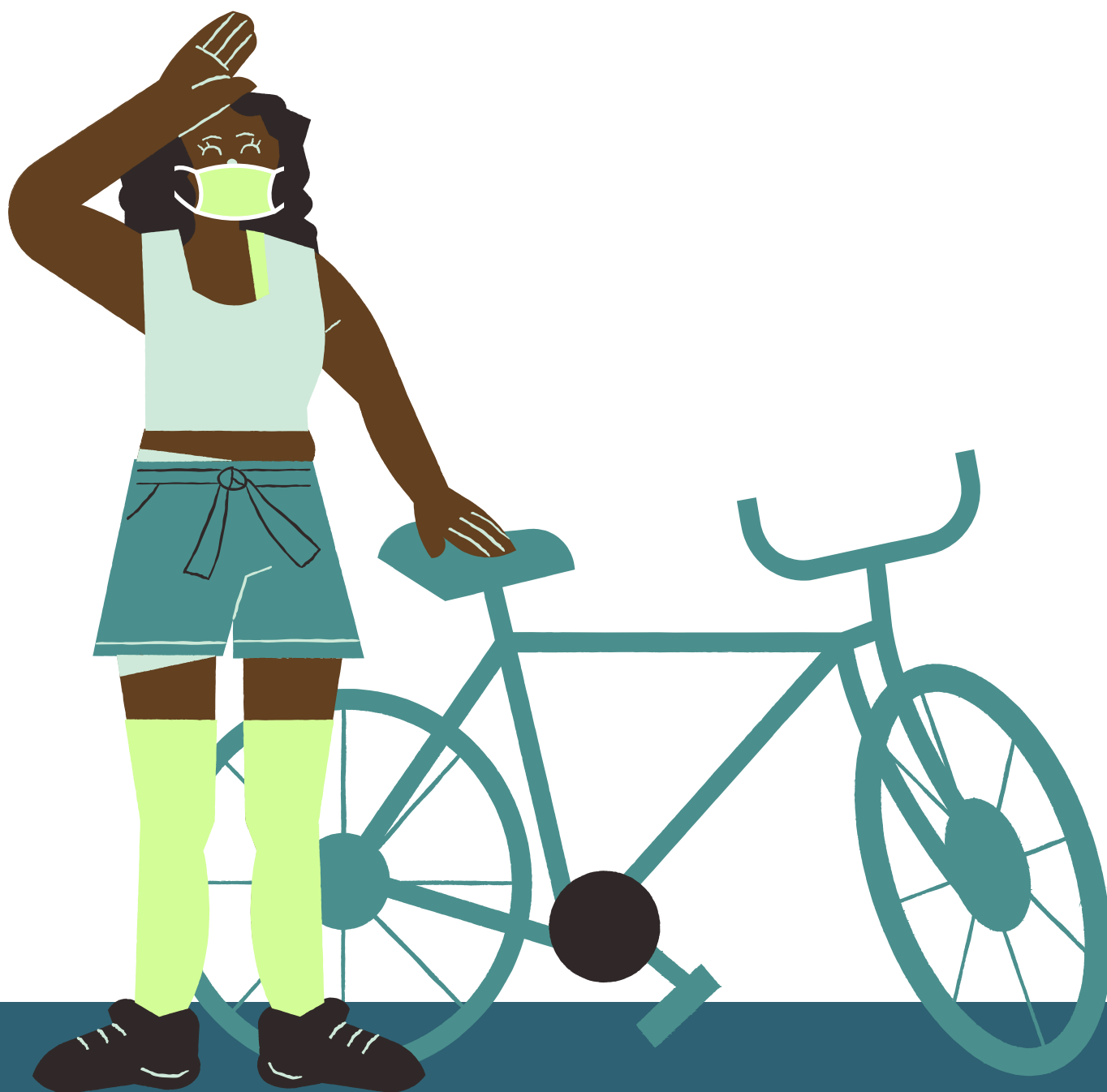# TIPS FOR SAFE BIKING DURING COVID-19

FOLLOW THE RULES OF THE ROAD

Always stop at red lights and stop signs. Use hand signals when turning or slowing down, and don't weave through traffic. Following the rules of the road makes you a more predictable bicyclist. Being predictable keeps you and other road users safe and out of already crowded hospitals.

TEST NEW SKILLS ON QUIET STREETS

New to riding in traffic? Try testing skills like signaling, merging and turning on quiet residential streets before moving up to busier two lane roads.

USE PROTECTIVE EQUIPMENT

A properly fitted helmet will keep you safe when you need it the most. Sunglasses keep the sun, wind and debris out of your eyes. A white light in the front of your bike and a red light in the rear will keep you visibile to motorists at night.

PRACTICE SOCIAL DISTANCING

If trails are too crowded to maintain social distancing, try riding during off-hours. Trails tend to be less busy on weekdays or in the early morning or late afternoon on weekends.

WEAR A MASK

Trails are crowded and this makes it difficult to maintain social distancing. Always wear a mask when riding around others. A buff or a bandana that you can pull up and over your nose and mouth may be easier to wear and a more comfortable option than the masks that go over your ears.

BE PATIENT

For some people, a bike ride may be just the thing to take their minds off of the current situation or regain some normalcy in their lives. Many people have also been inspired to pick up biking for the first time during quarantine. Be courteous and considerate of fellow bicyclists and trail users.

HAVE FUN!

Most importantly, have fun! Everyone deserves to have a bit of fun these days.