

## **COGS SAFETY GUIDELINES May 5, 2015**

Cascade Bicycle Club's Ride SMART guidelines modified by COGS to incorporate League of America Cyclists and Heartcycle Safety guidelines.

### **ALL RIDERS MUST WEAR AN ANSI-APPROVED HELMET WHILE CYCLING ON ANY COGS RIDE**

- Consider using a rearview mirror, especially if you are the ride leader.

**STAY ALERT** – watch for cars, other riders, and hazards – momentary inattention is the number one cause of accidents. Never ride with earphones or earbuds. Pull off and stop when using a cell phone.

- Be predictable; make your intentions clear to everyone on the road. Signal turns, and check behind you well before turning or changing lanes.
- Ride where people can see you. Use a front white light, red rear light and reflectors when visibility is poor. Make eye contact with others.
- Anticipate what drivers, pedestrians and other people on bikes will do next. Watch for turning vehicles and ride outside the door zone of parked cars.
- Look for debris, potholes and other road hazards. Call out or point out obstacles to other riders. Cross railroad tracks and deep grooves in roads at right angles.

**MOVE OFF THE ROAD WHEN STOPPING** – pull completely off the road or trail to let cars and riders pass; do not block driveways, crosswalks or intersections. Remember that others may be stopping with you so allow for this.

**ACT LIKE A CAR- OBEY ALL TRAFFIC LAWS** – Obey traffic signals, and use hand signals. Yield to pedestrians and keep a straight line.

- Your safety and image of cyclists depends on you. You have the same rights and duties as drivers.
- Ride with traffic; use the rightmost lane headed in the direction you are going.
- Ride double file only when no cars are present or you are clearly within a marked bike lane, (never ride triple file).

**RETAIN SPACE BETWEEN YOURSELF AND OTHERS** – leave enough room to dodge obstacles.

- Draft only if you are experienced and everyone in the pace line is, also.

**TELL OTHERS WHEN PASSING AND PASS ON LEFT.**

- Never pass on the right.
- If you are the first one to spot approaching traffic from the rear, call out 'Car back!'