

# Bike Rider Tips for Get Off Your Rockers

1. **SIGNAL:** Use the usual right and left hand signals when turning.
2. Check for other people when starting out or resting.
3. When resting:
  - Do **NOT BLOCK** the bike path, sidewalk or road.
  - Stay to the **RIGHT**.
  - Leave room for passersby.
4. Let people know when vehicles or other bikers are approaching from the front or behind by:
  - Loudly saying: “**BIKE BACK**”, “**BIKE UP**”, “**CAR BACK**” or “**CAR UP**” as appropriate. [“**UP**” means coming from the front.]
  - When you **hear** one of these, get in to a single file on the **RIGHT**.
  - When you are about to **STOP**: say loudly, “**STOPPING**”: to enable the rider behind you to respond.
  - “**SNAKE**”, other saying as appropriate. (Yes we have seen snakes crossing our bike path).
5. **BE SEEN.** Wear bright **colors** and have reflectors on your bike.
6. **WEAR YOUR HELMET!**
7. **OBEY THE RULES OF THE ROAD**, at all times:
  - In **traffic**, just like automobile rules; police give bikers **TICKETS**.
  - **Absence of traffic** signals: **YIELD TO CROSS TRAFFIC**, at intersections with larger streets.
8. **Ride** in a **straight line**.
9. Have your **CELL PHONE** with you. Make sure you can reach it and that it is **ON**.
10. **CHECK OUT YOUR BIKE** before you arrive, to make sure everything works properly:
  - Brakes; Chain; Seat height and position. Speedometer.
  - **Mirror.** (*Please get one; it could save your life!*).
11. **Tools:** Carrying a bike pump, repair kit, first aid kit/bandages & simple tools may help you or someone else.
12. **ID and HEALTH INSURANCE:** put a copy in your pack:
  - Auto license,
  - Military id,
  - Other id,
  - Emergency contact information,
  - Health insurance cards,
  - Current Medications,
  - Listing of your own health idiosyncrasies / history,
  - Copies of lab results, ECG, etc, pertinent for you.
13. Bring **WATER**.
14. Above all, **HAVE FUN**.
15. A good and informative web site is **American Council of Exercise**, at [www.acefitness.org](http://www.acefitness.org)