



TEAM TOUR DE FRIENDS Guidelines for Safe Road Cycling

Bicycle safety on the road is your responsibility and a priority for the Tour de Friends cycling club. All club riders will ride in accordance with local and state traffic laws. As a bicyclist you have the same rights and responsibilities as other road users. Be predictable, alert and responsible!

Riding guidelines for Tour de Friends include but are not limited to the following:

- Ride courteously and predictably, as you would if you were driving a car. Riding as if you were part of the normal flow of traffic is the safest way to ride.
- Ride on the right side of the road with the flow of traffic, never against it. RIDING ON THE RIGHT IS THE LAW!
- Obey all traffic signs, signals and traffic control devices. This means coming to a complete stop at stop signs and red lights and observing the right of way for the traffic around you.
- Yield to overtaking traffic and signal prior to turning or changing lanes.
- Ride single file unless the law and traffic conditions allow you to ride two abreast. If on curving canyon roads or roads without bike lanes or shoulders always ride single file.
- Yield to other vehicles and pedestrians when required to do so by traffic laws.
- Be as highly visible as possible. Wear light, bright clothing during the day. At dusk and when it's dark, use a bright white headlight and a rear red light or reflector. Make yourself more visible as necessary with reflectors and additional lights.
- Always check traffic before changing lanes or turning. It is your responsibility to see that the way is clear before turning out into traffic.
- Maintain your bicycle so that it is safe to ride and dependable. Keep safety materials with you at all times to repair flat tires and other small mechanical problems.
- Choose your route carefully, using a map and experienced advice if unsure of your surroundings. Ride on wide roads with less traffic, slower speeds and bike lanes when available. Always choose roads that are within your skill and confidence level (training, experience, competence).
- Give your full attention to traffic and road surfaces. Beware of road hazards such as rocks, potholes, gravel and dogs, and alert your fellow riders to these hazards.
- Indicate your intentions to turn, slow or stop with hand signals.
- Communicate your level of comfort riding in a group to the group ride leader or other group members.
- Riders should always carry an ID and emergency contact information with them on every ride.
- Using aero bars during a group ride is prohibited unless specifically approved by the group ride leader.
- When passing other cyclists or pedestrians, always announce yourself before starting to pass. Always pass to the left, and be sure that you and the other rider/pedestrian are not in danger due to your passing.
- ALWAYS WEAR A HELMET (ANSI approved or equivalent). A helmet and gloves will protect you in the event that a crash or fall cannot be avoided with the precautions listed above.
- Group ride leaders may, at any time, request that a member or guest not participate in a group ride if the ride leader feels that the safety of the individual or others is in jeopardy.

By signing this document, I confirm that I have read the safety rules above and agree to follow them at all times.

PARTICIPANT NAME (print please): _____

PARTICIPANT'S SIGNATURE: _____ DATE: _____