



BIKE SMART BUFFALO

How to Bike Safely in Buffalo, NY

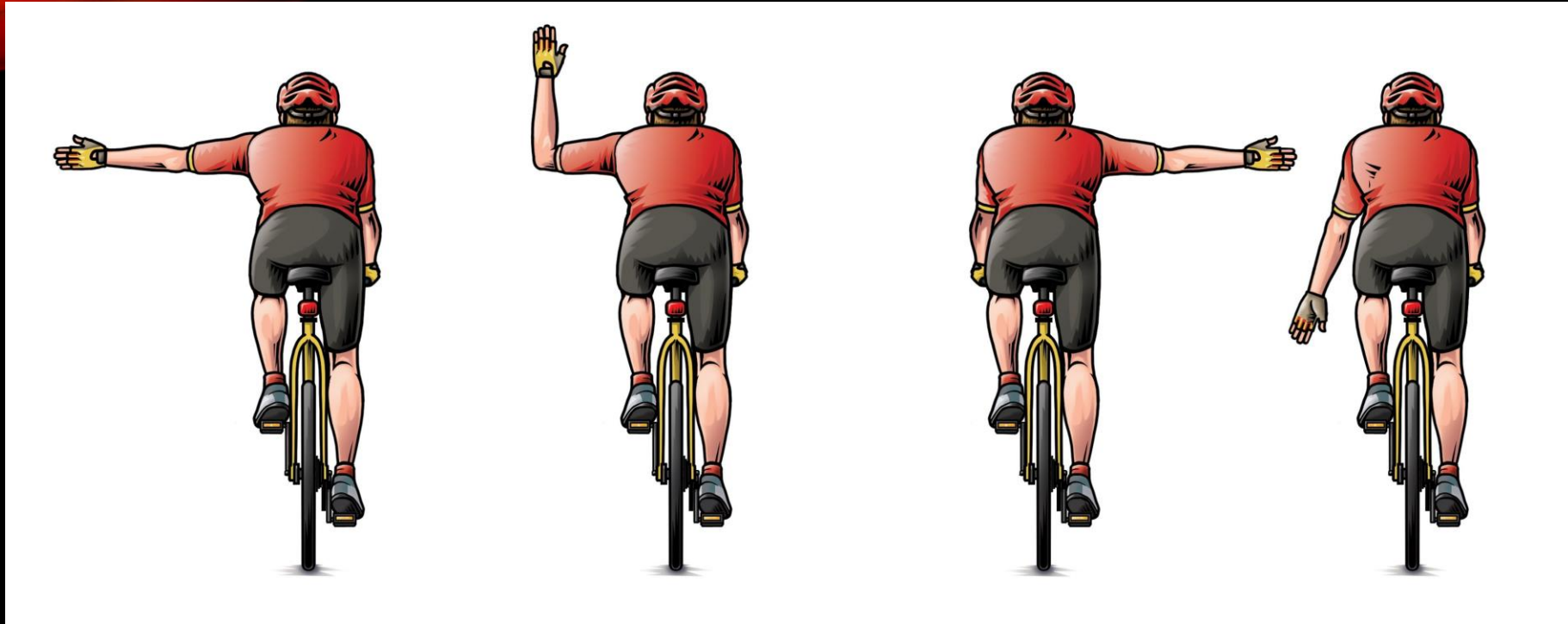
THE BASICS

- Bicyclists have the same rights and responsibilities on the road as motorists
 - Follow traffic laws, know your rights, assert your right of way.
- Bike as though you're invisible to motorists
 - It's your job to make motorists and pedestrians see you, assume they can't unless you make them aware.
- Wear a helmet
 - 63-88% reduction in head injuries, fatality 4.3x more likely without one.
- All senses on high alert
 - Minimize distractions, no cell phones, no headphones
- Prevent friction between motorists and bicyclists
 - If you abide by traffic laws and bike safety, traveling on roads will be easier and safer for everyone involved.

SIGNALS

- Left, Right, and Stopping
- Look over your left shoulder
- Pedaling
 - When to stop or keep going

ALWAYS BE PREPARED TO BRAKE



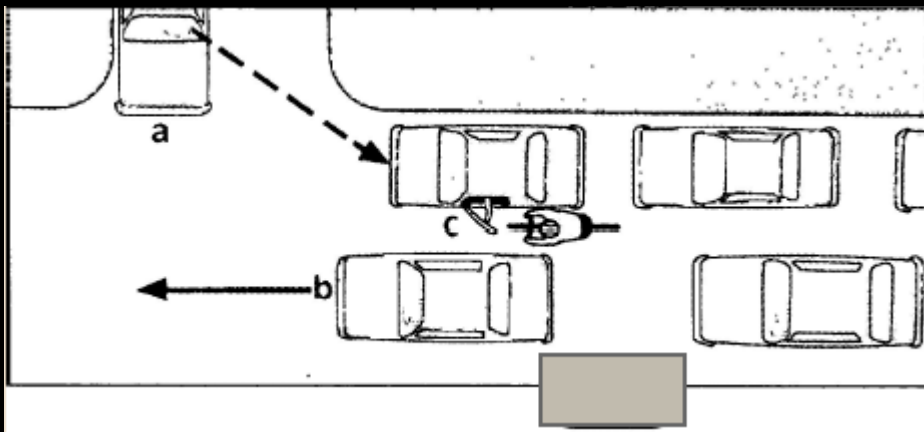
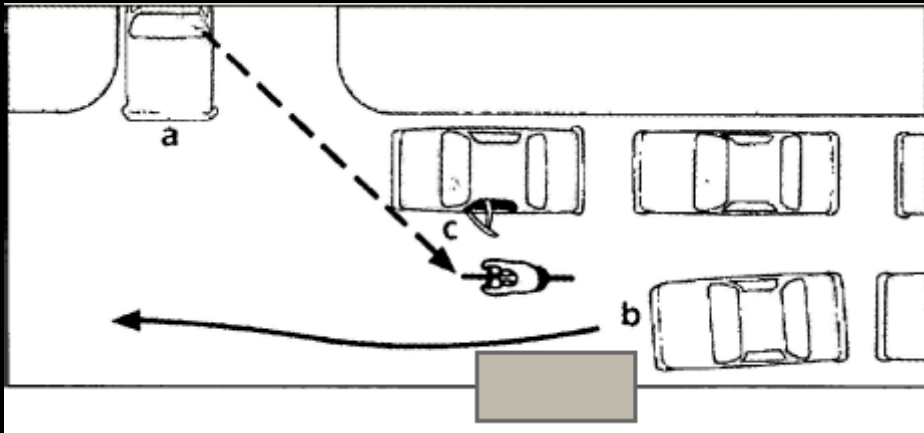
BICYCLING HAND SIGNALS (L TO R)

Turning Left, Turning Right, Turning Right (alternate), Stopping

ENTERING TRAFFIC

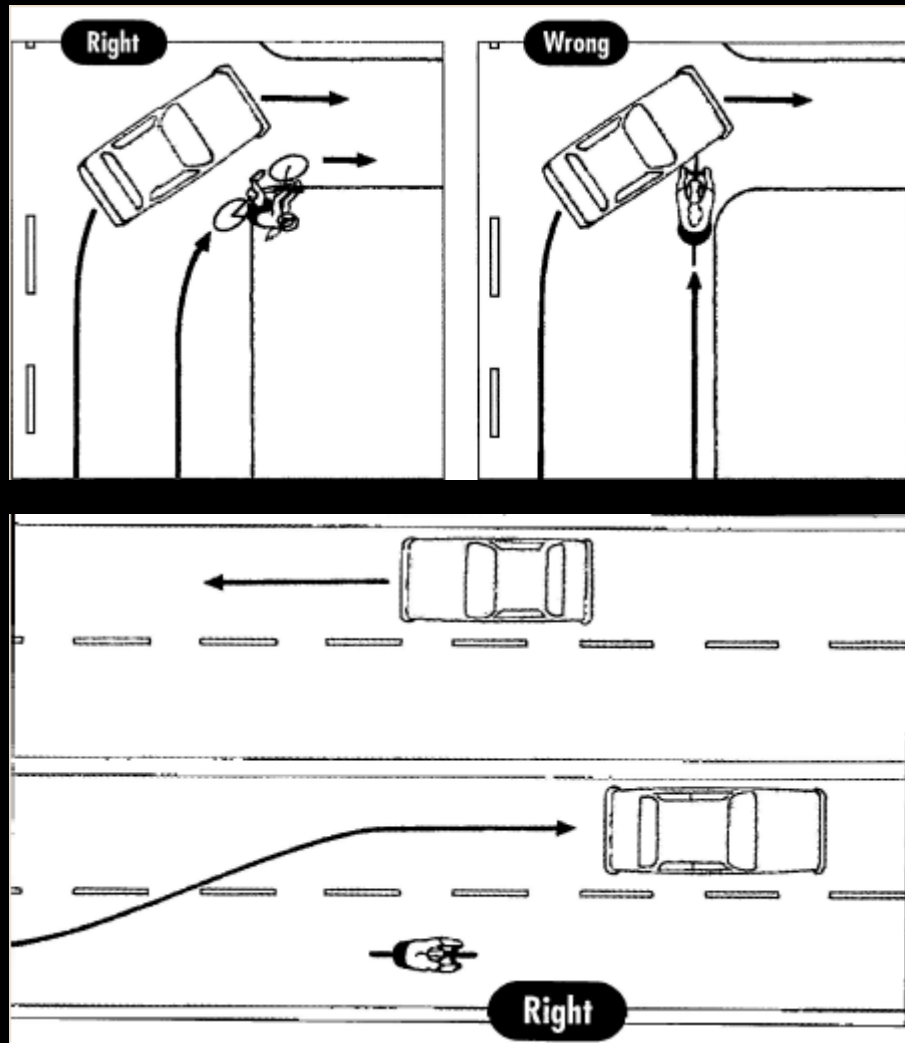
- Side streets, driveways, alleys, narrow spaces
- Enter from center of road
 - Provides maximum visibility from pedestrians and motorists
- Make eye contact if possible

WHERE TO RIDE



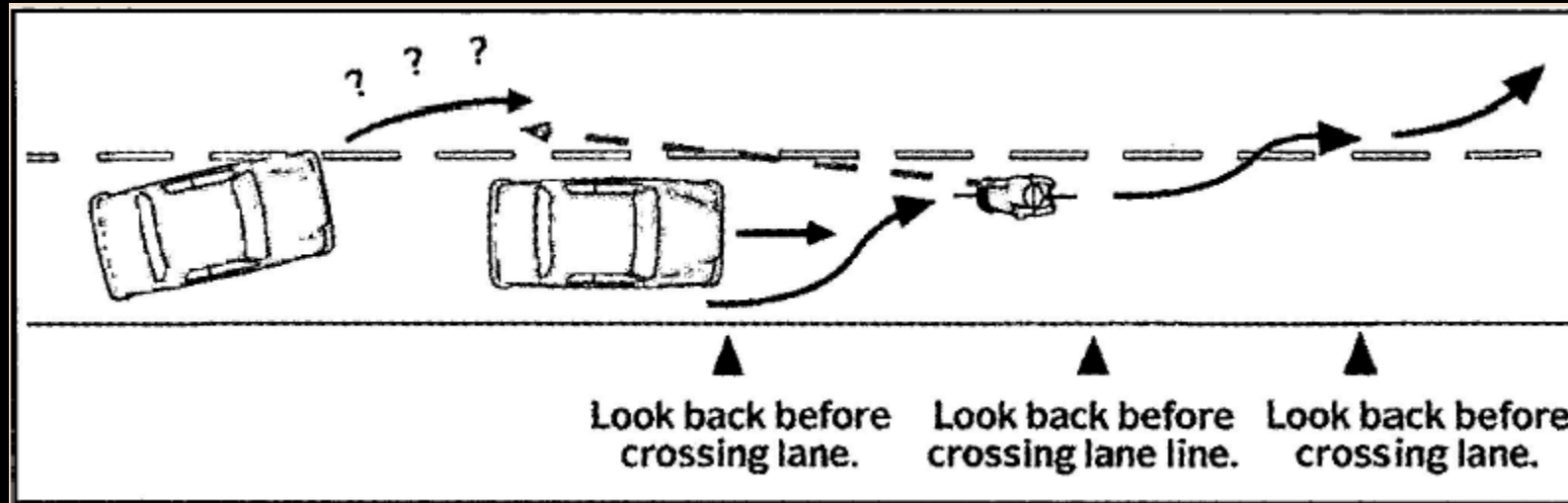
- VISIBILITY!!!
- Right side of the road, take up space in the traffic lane
- Stay in the road, don't swerve behind/in front of parked cars

WHERE TO RIDE (PT.2)



- Allow yourself room to evade jerks
- Assert your right to space on the road
- Be courteous

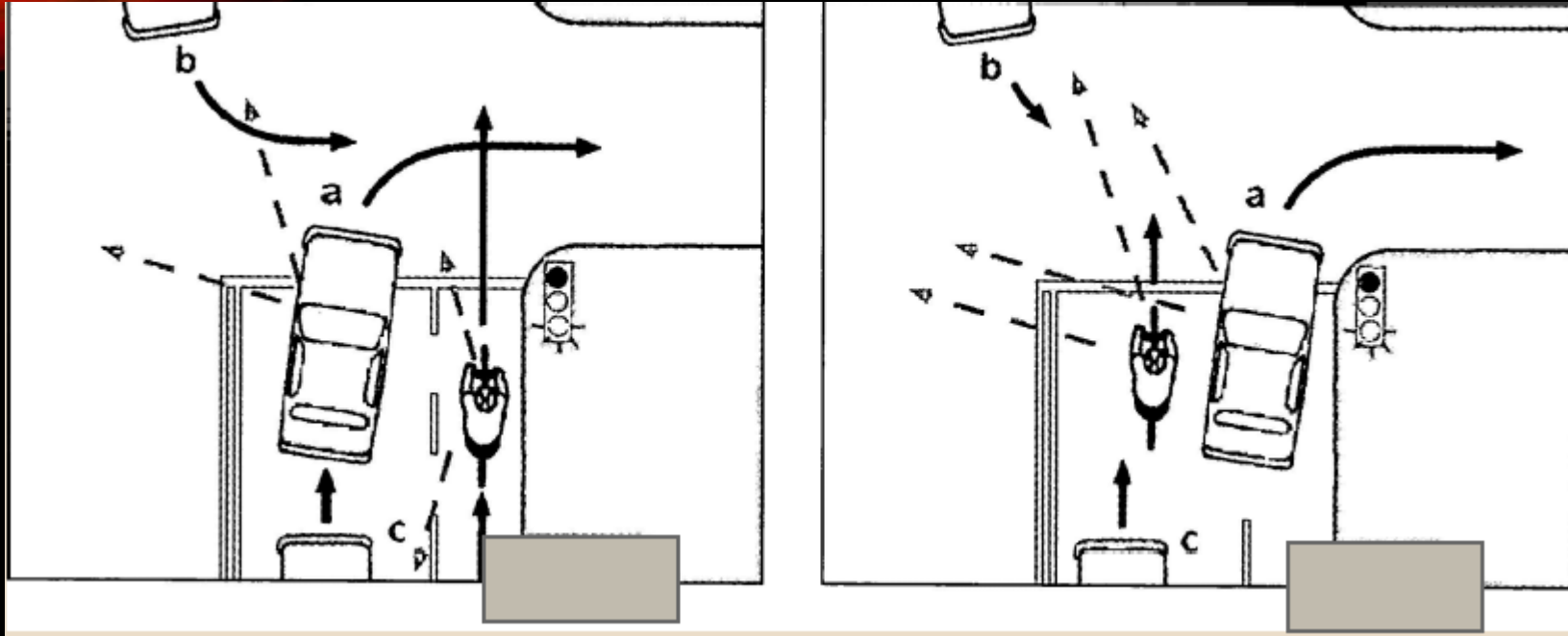
WHERE TO RIDE – CROSSING LANES, TURNING LEFT



- Signal, Signal, SIGNAL
- Be visible
 - Stay in left side of lane
- Be courteous

INTERSECTIONS

- Follow traffic laws
 - Lights, stop signs, right of way
- Right turns
 - Easy: look for oncoming traffic on your left, pedestrians on your right.
- Left turns
 - Tricky: signal, merge into the center of appropriate lane, stay to the left of traffic turning right.



RULES FOR INTERSECTIONS WITH BIKE LANES

Signal and leave bike lane (if turning left or riding straight through)

Assert right of way to oncoming traffic

Be ready to stop

Worst case scenario, brake hard and dodge the car

NIGHT RIDING

- Bikes must have a front light source, the rear can have either a reflector or light.
- There is a variety of lighting that is street legal
 - Lights made specifically for bikes, a headlamp, flashlight strapped to the handlebars.

BIKE HELMETS



[\(video link here\)](#)

BIKE HELMETS (CON'T)

- Every bike ride begins with putting on a helmet. But it's equally important that you ensure a proper fit so your helmet can best protect you.
- For the most comprehensive list of helmet sizes according to manufacturers, go the Bicycle Helmet Safety Institute (BHSI) Web site at www.bhsi.org.

SOURCES

- Allen, John S. *Bicycling Street Smarts: Riding Confidently, Legally, and Safely*. Cambridge, MA: Rubel BikeMaps, 2001. Print.
- State University of New York College of Environmental Science and Forestry. (2017, 08 22). ESF Cycling Connection. Retrieved from Environmental Science and Forestry: www.esf.edu/org/cyclingconnection/Bike_Safety_Session.pdf
- National Highway Traffic Safety Administration. (2014, 05 16). Fitting a Bike Helmet. Retrieved from YouTube: <https://youtu.be/hLIXswx0VvQ?list=PL2GIXO1j4M71hq7Djsuszkie2Z6rlaPXF>
- Sariol. (2016, 02 09). 9 Hand Signals You Need to Know for Group Riding. Retrieved from Sariol Legal: <http://sariolcycling.com/wp-content/uploads/2016/02/Bicycle-hand-signals.jpg>