

CONFIDENT CYCLING

RECREATIONAL RIDING

Pre-Ride Briefing: Driving your bike

Here participants will learn the skills to riding safely and comfortably in traffic. Participants will be taught the basics of becoming a confident cyclist including pre-ride checks, rules of the road, and ways to avoid common crashes.

Purpose: Give participants the basics of safe road riding

Time and Place:

This module is designed to be given outdoors just before a bicycle ride and is expected to last about 20 minutes for discussion and 10-20 minutes for each participant to complete the process.

Learning Objectives:

Participants will learn:

- how to check their bikes
- the basic rules of the road
- how to avoid common crashes

Materials:

The instructor will need the following materials:

- instructor cards with module discussion
- bicycle to demonstrate the ABC Quick Check



<u>Script</u>	<u>Action</u>
<p>Good morning, my name is _____ and before we go riding I'd like give you a brief overview of the basics that can make your riding more enjoyable and safer.</p>	
<p>There are six principles of traffic that all road user follow if they realize it or not.</p>	
<p>The first principle is that you have a right to the road and that means that you have a right to your space on the road. We call this principle First come - first served which means that the space around you is yours. It also means that if you get to a four way intersection first you get to go first and the other vehicle operators have to yield to your right of way.</p>	<p>First come - first served</p>
<p>In the United States you must ride to the right. That means on the right side of the road. We will talk about how that translates to bicyclist in a moment.</p>	<p>Ride to the right</p>
<p>Remember principle one that says you have a right to space, well so does everyone else so you must yield with changing lanes.</p>	<p>Yield with changing lanes</p>
<p>When you are pulling into traffic from a parking lot or an alley you must yield to crossing traffic.</p> <p>In most other situations you will have some form of traffic control device, a sign or a signal, to tell you if you must yield the right of way.</p>	<p>Yield to crossing traffic</p>
<p>As a general principle, slower traffic must stay to the right and faster traffic is on the left.</p>	<p>Speed positioning</p>



<u>Script</u>	<u>Action</u>
At an intersection you should be in the rightmost lane that leads to your destination.	Intersection positioning
There are state laws that control traffic movement and most of them are common across the states. Here are seven that cover most situations.	Laws
Obey all traffic signs and signals: this means that you must act like the driver of a vehicle. STOP really does mean stop and right turn only and left turn only lanes mean just that. If you are going through you cannot be in a turn only lane.	Obey all traffic signs and signals
Ride to the right in the same direction as other traffic: many states have specific laws about bicycles that say “ride as near to the curb or edge of the road as is practicable” which doesn’t mean you have to ride in the gutter. You must decide what is safe for you and avoid the debris or other obstacles. If the lane is too narrow to share the law says you may control the lane.	Ride to the right in the same direction as other traffic
When you are going to change lanes or turn you must use hand and arm signals to let other drivers know of your intentions. Just because you signal doesn’t mean it is safe for you to move, be alert and make sure.	Use hand and arm signals Show the signals.
Don’t give friend a ride. The law says that the bike must be designed for the number of riders...unless there is a saddle then the second rider is illegal.	One rider per saddle
Two hands on the handlebars are the safest but you need to be able to signal your intentions so the law says one.	One hand on the handlebars
Your bicycle must have some form of brakes. Laws vary as to the definition of “effective brakes” but you need to be able to stop quickly and in control.	Effective brakes



<p><u>Script</u></p> <p>When riding in the dark all states require a white light on the front for seeing and being seen and a red reflector and/or a red light on the rear so cars coming from the rear can see you and your bike.</p> <p>This is the minimum and extra reflective materials and light can help if you must ride in the dark.</p>	<p>Make the distinction between lights and reflectors</p>
<p>The most common crashes are simple one cyclist falls where a cyclist slips, hits something that diverts the front wheel or hits something that stops the bike suddenly.</p> <p>Only about 17 % of the crashes involve motor vehicles and about half of those can be avoided by obeying the law.</p>	<p>Common crashes</p>
<p>There are three groups of skills that can help cyclists avoid over 90% of the common crashes</p> <ul style="list-style-type: none"> • Good bicycle handling skills can avoid most of the single bike crashes. • Obeying the law and following the rules can avoid half of the car/bike crashes. • Proper positioning in the lane and in intersections can avoid most of the rest of the car/bike crashes by helping others make good decisions. • And you should always wear a helmet just in case you don't avoid a crash. 	<p>Prevention skills</p>
<p>ABC Quick Check: Before each ride you should check your</p> <ul style="list-style-type: none"> • Air • Brakes • Crank, chain and cogs • Quick releases and • Take a short check ride to make sure everything is in working order. • 	<p>ABC Quick Check</p>
<p>Before you go out, check to make sure you have some basics, ID, a cell phone or money, tools to change a flat, an extra tube and a patch kit.</p>	<p>Tools for the road</p>



Script	Action
<p>The last thing you want to check is whether you have the right clothes for the weather you are likely to encounter. Do you have some form of rain gear, a light jacket if it gets cool or maybe some leg or arm warmers.</p>	<p>Clothes</p>

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