

Safe cycling tips

- Always wear a helmet.
- Always ride on the right side of the road and pass on the left.
- Never ride against traffic.
- Obey traffic signs and signals.
- Make eye contact with motorists.
- At night, your bicycle must be equipped with a headlight, taillight and reflectors.
- Use caution at intersections. Watch out for vehicles turning across your path and be prepared to stop.
- Use a rear-view mirror to check on traffic behind you.
- Wear brightly colored clothing to make yourself more visible to motorists.



Watch out for:

Pedestrians
Potholes
Debris
Drainage grates
Bumps

Rocks
Dogs
Loose gravel
Wet pavement
Low branches



Protect your bike

Always lock your bike when left unattended.

Register your bike if your community has a registration/licensing program.

Encourage your employer to provide safe bicycle parking facilities.

For more information:

www.iowadot.gov/iowabikes

www.iowabicyclecoalition.org



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Safe

bicycling in Iowa

Know the laws affecting bicycles

Under Iowa law, bicyclists must generally comply with the same rules of the road as drivers of motor vehicles.

Use hand signals to advise other vehicle operators of your intention to turn, change lanes or stop.

Yield to other vehicles when necessary.

If you ride at night, Iowa law requires that your bike be equipped with a white light on the front and a red light or reflector on the back.

Travel with a buddy in case of an emergency.

Ride at a safe speed.

Route selection



Carefully select the route to take to and from your destination. Trails, bike lanes and other bike facilities can provide safe and efficient routes. Other-

wise, consider using lightly traveled streets. Choose a route that you can ride comfortably, taking into consideration hills, bicycling ability and traffic.



Ride defensively. Watch out for others.



Tips for motorists

Do not honk your horn at a bicyclist. They may be startled and lose control of their bicycle.

Use extra caution when passing bicycles.

Bicyclists might swerve to avoid road hazards.

Be careful when opening your vehicle door.

When in doubt, yield to bicycles.



It's the law

An operator of a motor vehicle shall not project an item or substance at a bicyclist. Persons violating this law face a fine of \$250.