Safe Bicycling Tips

- Always wear a helmet.
- Use a rear-view mirror to check on traffic behind you.
- Wear bright colored clothing to make yourself more visible to motorists.
- Travel with a buddy in case of an emergency.
- Make eye contact with motorists. Use caution at intersections.
- Watch out for vehicles turning across your path and be prepared to stop.
- Always lock your bike when left unattended.
- Register your bike if your community has a registration/licensing program.
- Encourage your employee to provide safe bicycle parking facilities.

Involved in a crash?

- Be sure your bicycle is out of the path of traffic.
- Contact law enforcement to report the crash by calling 911.
- Describe as many details as possible, including possible injuries and location of the crash.
- Exchange insurance and contact information with all involved in the crash.
- Report the crash to your insurance company.
- Check your bicycle for damage before continuing your ride.
- Always seek medical help. you may not feel an injury immediately.

Watch out for:

- Pedestrians
- Potholes
- Debris
- Drainage grates
- Bumps
- Rocks
- Pets
- Loose gravel
- Low tree branches
- Slick pavement

Tips for motorists

- Do not honk at a bicyclist.
- Use extra caution when passing bicycles.
- Bicyclists might swerve to avoid hazards.
- Be careful when opening doors.
- When in doubt, yield to bicyclists.
- Do not project items or substances at bicyclists.

For more information:

IOWA | DOT

Systems Planning Bureau
800 Lincoln Way, Ames, IA 50010
515-233-7733
https://iowadot.gov/modes-travel/bikes

IOWA BICYCLE COALITION

P.O. Box 5562, Coralville, IA 52241
515-309-2867
www.iowabicyclecoalition.org

Federal and state laws prohibit employment and/or public accommodation discrimination on the basis of age, color, creed, disability, gender identity, national origin, pregnancy, race, religion, sex, sexual orientation or veteran's status. If you believe you have been discriminated against, please contact the Iowa Civil Rights Commission at 800-457-4416 or Iowa Department of Transportation's affirmative action officer



Safe bicycling in Iowa



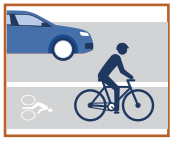
Trail Courtesy

- Yield to pedestrians.
- Use the right side of the trail, except when otherwise designated.
- Obey all the traffic signs and move to the other side when looking at a scenic view.
- Be predictable by riding in a straight line.
- Always pass on the left.
- Use a bell and/or your voice when passing.
- Be cautious when crossing street intersections.
- Follow all the trail rules and hours.
- Respect the rights of property owners.
- Watch for other trail users.
- Ride at a safe speed.
- Use lights when riding at night.

Route Selection

- Multi-use paths, bike lanes, and other bicycle facilities can provide safe and efficient rides.
- Choose a route that you can ride comfortably, taking into consideration hills, bicycling ability, and traffic.

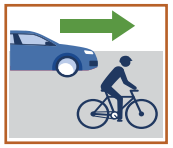
Bicycling rules of the road



Ride only where permitted
Bicyclists are allowed on Iowa roads except for interstates, controlled-access highways, and highways with posted minimum speed limits. Local entities may regulate bicycle use on certain streets.



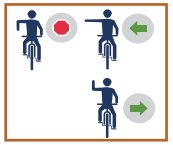
Obey all traffic signs, signals, and lane pavement markings



Always ride with the flow of traffic and on the right
Ride in the right lane, except when passing another vehicle, preparing for a left turn, or avoiding hazards.



Pass on the left.
Always pass a vehicle or bicycle on the left. First move to the left. After overtaking the vehicle, return to the right lane once reaching a safe and clear distance in front of the vehicle.



Signal your intentions when turning and stopping
Use your left hand to signal when you plan to turn, change lanes, or stop.



Riding at night (Sunset to sunrise)
Always use a white light on the front and red light or reflector on the rear, both visible for a distance of at least 300 feet.



Limit riders to those your bicycle is designated and equipped to carry
Exceptions include adult bicyclists carrying a child securely attached to the bicycle in a seat or trailer designed to carry children.



Stop for school buses with flashing signal lights

Bicyclists have the same protections as pedestrians on crosswalks and pass on the left.

These laws are current as of May 4, 2024. Please verify the Iowa Bicycle laws at iowabicyclecoalition.org/iowa-bicycle-laws.

ABC Quick Check



A is for **AIR**
B is for **BRAKES**
C is for **CHAIN, CRANKS, and CASSETTE**
Quick is for **QUICK RELEASE**
CHECK is for **CHECK IT OVER**

E-bikes

E-bikes follow the same rules as human-powered bicycles. E-bikes are:



Allowed on bicycle lanes or multiuse paths.



Not permitted to exceed the posted limit, or 20mph if no speed is posted.

Helmet Sizing

EYES
Only TWO fingers should fit in the space between your eyebrows & the bottom of your helmet

EARS
Line your TWO fingers up with the straps; the V of your fingers should be right at your earlobe

CHIN
Hook TWO fingers between your chin. There should be no extra space

