BICYCLE SAFETY CONSIDERATIONS:
Be Safe: Prepare your bicycle and equipment for the ride
Ride Safe: Stay alert and obey traffic laws while riding
Stay Safe: Dos and Don'ts for a lifetime of cycling fun!

Be safe:
Protect your Head. Wear a helmet; make certain it's properly adjusted to the rider. Remember, helmets do not last a lifetime. Prolonged exposure to ultraviolet light will deteriorate its ability to provide protection. If you have an accident in which your helmet contacts pavement or cracks, replace it.
Clothing: Always wear reflective or bright clothing.
Identification: Carry your ID and cell phone with you on every ride in the event of an emergency.
Weather Considerations: Check the weather reports for inclement weather. Dress appropriately.
Hydrate: Make certain you're adequately hydrated prior to and during the ride. Also, in Alabama, bicycles are defined as vehicles; hence, Alabama's law prohibits driving while under the influence of alcohol or other controlled substances.
Bicycle Readiness. Is your bicycle properly fit to you? Is your saddle in a comfortable position? Install a rear flashing light or, at a minimum, install a rear reflector; install a headlight and turn it on when riding.
Additional Check List: Do a quick bicycle test check of your brakes and tires before going out on a ride to ensure they are in good working order.

Ride safe:
Stay Visible. If drivers can see you, they are less likely to hit you. Auburn Ordinance # 988 enables the City to asssess cyclists a fine of up to $100 for riding on sidewalks in the Downtown area.
Go with the flow and ride with the direction of traffic. Alabama requires that wherever a usable path for bicycles is provided adjacent to a roadway, bicycle riders must use the path and not the roadway. Never cross the yellow line onto oncoming traffic, except to turn.
Look, Signal, and Look Again. Use standardized hand signals to let drivers and other cyclists know where you're going. Look and make eye contact. Continually check traffic by looking over your shoulder or use a mirror to do the same. Don’t assume drivers will stop for you.
Ride with Predictability. Don't weave in and out of traffic. The more predictable you are, the safer you’ll be.
Stay Alert and Communicate with fellow riders. Watch for obstacles in your path and communicate hazards to those behind you. Be alert to people opening doors on parked vehicles.
Ride Single File: As a general practice, ride single file. Alabama Law does allow two people to ride side-by-side on paths or parts of roadways set aside for the exclusive use of bicycles (Section 32-5A-263)
Obey all Traffic Laws and Lights. That means coming to a complete stop at stop signs and lights. After exercising due caution, cyclists may proceed through a triggered traffic control signal after one cycle if that triggered traffic control signal fails to operate due to the size or composition of the bicycle.

Stay safe:
Don't Get Distracted. Don't listen to music or talk on the phone while riding. ALWAYS be courteous to drivers and share the road. Your life may depend on it.
ENJOY THE RIDE. And please be SAFE by adhering to the above Safety Considerations.