

FOUR COMMON BICYCLING MYTHS

1 "Bicyclists should ride facing traffic."

This myth causes about 25% of car and bike collisions. At intersections, few drivers look for traffic coming the wrong way. Ride where folks will expect you!

2 "A child needs a bike to grow into."

Wrong. On a big bike, kids wobble and weave down the road. They won't be able to react quickly in an emergency. Your child should be able to stand over his or her bike with both feet flat on the ground.

3 "My child needs a 21-speed mountain bike."

Few young kids can work standard-sized hand-brakes or confusing shifters while steering and pedaling. Ask 10-year-olds how they stop a high tech bike: "I drag my feet." "I don't stop." "I run it into something." For your child's first bike, choose a sturdy one-speed with a coaster brake.

4 "Our neighborhood is quiet, so we don't have to worry."

Many bike crashes involving children happen on quiet two-lane residential streets with 25 mph speed limits — largely because that's where kids bicycle. Sound like your street? We often forget safety in familiar surroundings, and that can lead to trouble.

PEDAL ON CLARK COUNTY

Bike Clark County is a registered 501-C3 Non Profit organization.

We're a grass roots effort to bring together the bicycle community, promote safe, responsible cycling, and foster a cooperative relationship between cyclist and vehicle drivers we share the road with.

RIDE SMART. RIDE SAFE. RIDE HAPPY.



Bike Clark County
Education. Advocacy. Adventure.

Brought to you by the City of Vancouver and Bike Clark County, creating a stronger and safer biking community.

Learn more about Bike Clark County at:
www.bikeclarkcounty.org

RULES OF THE ROAD

Be predictable and stay alert

Ride so drivers can see you and predict your movements. Remember that the rules in the drivers manual apply to bicyclists as well. Ride defensively and expect the unexpected.

Always wear a helmet

Vancouver has a helmet ordinance. Both adults and children are required to wear a helmet when riding a bicycle in a public area.

Use Hand Signals

Hand signals tell others what you intend to do. Signal as a matter of courtesy and self-protection.

Be Visible at Night

The law requires a strong headlight and a rear reflector or taillight at night or when visibility is poor. Wear light-colored clothes with reflective tape for extra protection.

Obey traffic signs, signals and laws

Bicyclists must follow the same laws as motorists. Stop at red lights and stop signs just like a car.

Choose the best way to turn left

- 1) Like an auto, signal, move into the left lane, and turn left. Do not turn left from the right lane.
- 2) Like a pedestrian, use the crosswalks and walk your bike across the sidewalk.

Never ride against traffic

Bicyclists must ride with traffic. Motorists are not looking for bicyclists riding on the wrong side of the road.

Warn others when approaching

Bicyclists should warn pedestrians and other cyclists before passing. Ring your bell or give a friendly greeting and allow plenty of space when passing.



SAFETY FIRST

BASIC HELMET SAFETY

- Your helmet should be no more than one or two fingers above your eyebrows.
- The "V" area where the front and rear straps come together, should be just below your ear.
- You should be able to squeeze two fingers between the strap and your chin.

LIGHTS AND REFLECTORS

Bicycle reflectors are not sufficient for safety. For night bicycle riding, a white front light (not a reflector) visible for 500 feet and a red rear reflector are required.

A red rear light may be used in addition to the required reflector.

Flashing tail lights and reflective clothing are highly recommended. A second tail light is a good safety addition and back-up.

USE PROPER HAND SIGNALS

Right Turn

Option 1: Extend your left arm out to the left, and angle your forearm vertically upward.



Option 2: Extend right arm straight out in the direction of the turn, horizontally.



Left Turn

Extend left arm straight out in the direction of the turn, horizontally.



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