

1. Obey all traffic signs and signals



Stop sign

Come to a complete stop. Put your right foot down and look left, look right, then look left-right for traffic.



Yield Sign

Slow down (younger children should stop) and look right-left-right before moving.



Railroad Sign

Slow down, look and listen. Stop if you see or hear a train.



One Way Sign

Shows which way traffic is traveling on the street. Always travel in the same direction as traffic.



Traffic Signals

Red = Stop
Yellow = Stop
unless you are already in the intersection
Green = Go



Railroad Crossing Signal

Stop if the light is flashing at railroad crossings.

2. Ride on the right side of the road and go in the same direction as other traffic.

Avoid "hugging" the curb or parked cars. Ride in a single file with other cyclists.

3. Control your bike.

Practice so you can ride your bike in a straight line on the road. Keep both hands on the handle bars so you will be able to react quickly to avoid a hazard.



3. Use hand and arm signals to show when you want to turn or stop.

Hand signals. (Use left hand.)



1. **A Left Turn** is signaled by holding the left arm straight out from the body.
2. **A Right Turn** is signaled either by bending the left arm straight up OR, in some states, by sticking out the right arm straight out from the body.
3. **A Stop** is signaled by bending the left arm down with the hand flat, pointing backwards. (This signal can also be used to signal that the rider is slowing the bicycle.) Students should call out "**stopping**" or "**slowing**" when riding with other cyclists.

5. Be visible.

Use a white front light and a red rear light or reflector when you ride at night. Wear bright clothing when riding your bike even during the day. Try to make eye contact with motorists to make sure they see you on your bike.

6. Stop at the end of a driveway or alley and look left, right, and left again before you ride into the road.

Stop on a trail when crossing a driveway or roadway. Move forward until you can see around buildings or parked cars that may block the view at an intersection.

7. Yield to pedestrians if crossing sidewalks or crosswalks.

8. Avoid hazards by looking ahead and to the sides.

Before you move out of your lane, scan over your left shoulder to look for oncoming cars, use hand signal then move over when oncoming traffic is clear.

9. Always wear a properly fitting helmet.

It's the law for cyclists under 18 years old and is highly recommended for cyclists who are over 18 years old to wear a helmet.

10. Some laws about bicycling differ from state to state. Know the laws for the state and town where you ride your bike.

Here's to a healthier and more active Fresno! - www.fresnoBMP.com