



**PROTECT YOUR HEAD, WEAR A HELMET**

Make sure it fits correctly and meets U.S. Consumer Product Safety Commission standards.



**STAND OUT, BE SEEN**

Wear light-colored or reflective clothing.



**STAY ALERT, AVOID ROAD HAZARDS**

Watch for potholes, cracks, railroad tracks, drainage grates, and obstacles in your path.



**CHECK YOUR BIKE**

Be sure your brakes work and tires are properly inflated.

**THE RIGHT HELMET FIT IS IMPORTANT**

Make sure your bike helmet fits correctly, and read the owner's manual for fitting instructions. Buy a helmet to fit a child now, not a helmet to grow into. Helmets should fit snug and sit low on the forehead.

Should not rock side-to-side



One to two finger widths above the eyebrow

**RIDE SINGLE FILE IN A STRAIGHT LINE WHEN RIDING ON THE ROAD**

Michigan law allows bicyclists to ride two abreast as long as it doesn't impede traffic.



**ALWAYS OBEY TRAFFIC SIGNALS**

Use hand signals when turning (see back panel for more information).

**MICHIGAN LAW**



**LIGHT IT UP AFTER DARK**

If riding after dark, bikes must be equipped with a lamp on the front that emits a white light and a red reflector on the rear.

**MICHIGAN LAW**



**RIDE WITH TRAFFIC**

Bicyclists must ride on the right side of the road.

**MICHIGAN LAW**



Should not slip forward or backward



Tighten chin straps snugly

Side straps should form a V-shape around the ear



For a better fit, use the included velcro foam pads inside the helmet.

**ALWAYS USE HAND SIGNALS** to tell other cars and bicyclists what you intend to do.

>> Left turn: Left hand and arm extended straight



>> Right turn: Left hand and arm extended upward



**OR**

>> New right turn: right hand and arm extended straight *Public Act 1 of 2014 effective Jan. 1 2014*



>> Stopping or slowing down: Left hand and arm extended down



# Be a Safe Cyclist



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Per Section 257.648 of the Motor Vehicle Code