



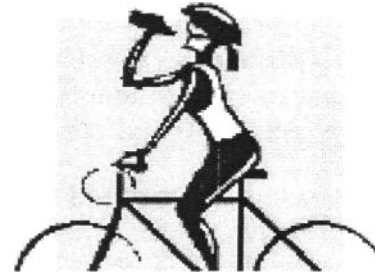
Safety Guidelines

Your safety is our first priority. We believe that **"Stay Alert! Stay Alive!"** is the first step for safe biking. In addition to the safety policies listed in this section, state laws and other points regarding your safety and riding habits appear below. Memorize them. Use them.

- According to the Maryland State and the District of Columbia law, a bicycle is a vehicle with the same privileges and restrictions as any other vehicle.
- Helmets must be worn at all times while biking.
- Know and obey all traffic signals, signs, markings, laws and regulations. Stop at all stop signs. Signal all turns. Cross only at intersections.
- Always ride predictably and in control. Ride in a straight line, and consciously try to avoid excessive weaving back and forth. In most vehicle-bicycle accidents, motorists say they never saw the bicyclists or didn't see them in time to avoid the collision.
- Always use hand signals to indicate that you are going to make a right or left turn or are about to stop; motorists and cyclists need to know what you intend to do. If your hands aren't free as you slow or stop, call out **"SLOWING"** or **"STOPPING."** When stopping, pull to the right edge of the road. Move completely off the road to rest or make repairs.
- Cycle with traffic, never against it. When moving from one lane to another, always yield to traffic.
- Keep to the right of the road at all times and leave other riders plenty of room to pass on your left. If you don't, you could force another cyclist into oncoming traffic, creating a serious accident. The exception to this rule occurs when preparing for a left turn or avoiding unsafe road conditions (potholes, construction, etc.).
- Call out, **"ON YOUR LEFT!"** when passing at all times. Also, don't stop or slow down without letting other cyclists and drivers know your intentions in advance. Call out, **"STOPPING!"** or **"SLOWING!"**
- Always stop and look left, right, then left again before entering the road.
- Always make left turns from the appropriate left-turn lane.
- Ride single file -when cycling with a group Do not ride side by side Passing cyclists -will be forced into traffic, creating a serious hazard. Remember, we need to share the road with cars!

Be alert to hazards such as glass, sand, loose gravel, pot holes, open cracks, dogs, etc. It's not only courteous but essential that you keep an eye out for these hazards and point them out to cyclists behind you.

Always be on the lookout for a person in the driver's seat of any parked car you may pass. Parked drivers are notorious for swinging their doors open suddenly or pulling out into traffic without checking for bicyclists.



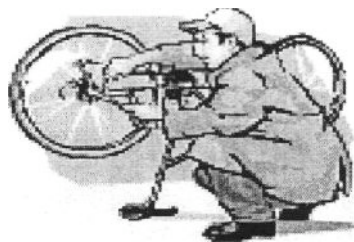
Always cross railroad tracks at a right angle.

Make certain your bike fits you properly and is in good working order. If you're not sure, have your local bike shop check it.

Wear bright clothing while riding, even during the day.

Use extra caution when riding in the rain. Roads become slick as thin sheets of oil, gas and grease form on the surface. Allow for increased breaking distance. Also, road paint and fallen leaves become extra slippery during rains. Slow down, especially when going down hills. Vision and visibility drop drastically when skies are dark and sodden. Cars won't be able to see you as well. Be awake and aware.

Be especially vigilant when cycling downhill. It's not the time to take a hand off your handlebars to grab a drink or fiddle with your bike. Increased speeds mean you'll need increased stability and watchfulness for hazards on the road.



	District of Columbia	Maryland
Bicycle Position	Bicycle in the right most lane available for traffic, or as close as practicable to the right-hand curb or edge of the roadway, except when turning left or passing	Bicycle as close to the right as practical, except when turning left, passing or on a oneway street. Bike as close to the right as practical, except when turning left, passing or avoiding hazards or traffic in mandatory turn lane. Does not apply in lanes too narrow to share with motor vehicle.
Passing cars	Pass on the left; may pass on right when automobile is turning left or when street is of sufficient width for two lines of moving vehicles.	Pass on left; not required to pass on left on one-way street or when passing vehicle turning left.
Bicycling Two Abreast	Permitted when it does not endanger bicyclists or impede traffic	Same as DC.
Turning left	From two-way to two-way streets, enter and leave intersection near center line of roadway. From one-way to one-way, keep as close as practical to left curb.	Same as DC.
Turning right	Stay as close as practical to right-hand curb.	Same as DC.
Restricted Roads	No restricted roads. Bicyclists also allowed in bus lanes.	Prohibited from expressways, toll bridges, toll tunnels and other marked roads.

