



Bike Safe Richmond

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Mid-Atlantic Foundation for Safety and Education



Enabling a safe journey in schools, on roads and in communities



What is the Mid-Atlantic Foundation?

- The Mid-Atlantic Foundation for Safety and Education is a non-profit, 501(c)(3), tax-exempt organization
- Dedicated to educating, training and raising the level of traffic and travel safety awareness for all
- Funded primarily through contributions from AAA members



Enabling a safe journey in schools, on roads and in communities



Let's Talk About

- Rules of the Road
- Dress for Safety
- Biking Laws
- Talking to your kids
- Helmet Usage
- Cars and Bikes
- Helmet/Bike Fit
- Infrastructure

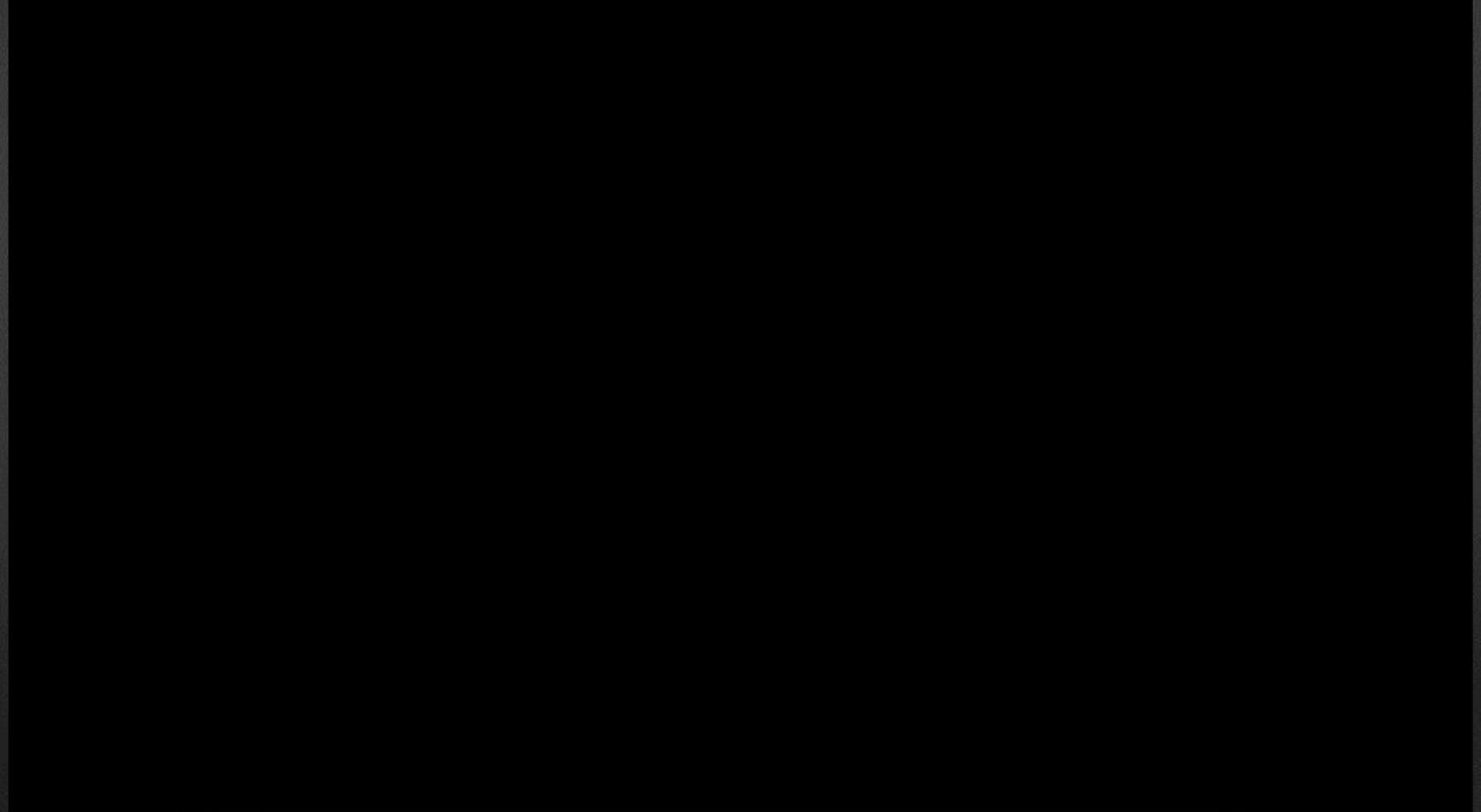
Rules of the Road

Cyclists must obey the same rules as drivers

- Travel *with* traffic
- Signal when turning
- Stop at stop signs
- Yield to pedestrians
- Avoid riding on sidewalks



Avoid Riding on Sidewalks



Virginia Biking Laws



Beyond the rules of the road, bikes must:

- From dusk to dawn
 - Use a white headlight
 - Have a red reflector on the rear of the bike
 - On roads with a speed limit of 35 mph or greater, the bicyclist must also have at least one red tail light
- Wear bright colors and make your presence known to drivers and pedestrians

Virginia Helmet Law

Anyone 14 years and younger must wear a helmet when riding a bike

- Ages 5-14 have the highest rate of bicycle injuries
- Brain injuries are the most common cause of bicycle-related deaths
- Wearing a helmet can reduce risk of head injury by 85-88%



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Properly Fitted Helmet and Bike

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Fit for Now, Not Later



The ABC Quick Check

- Check before every ride
 - Air
 - Brakes
 - Chain
 - Quick Release

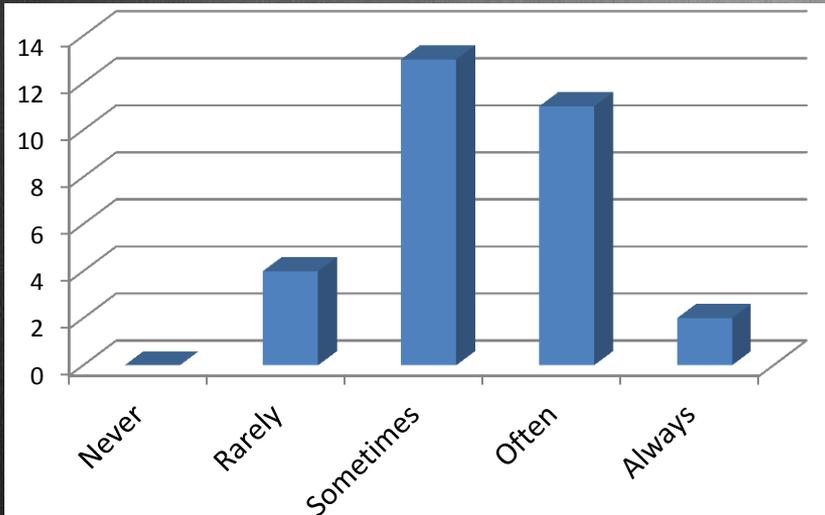


Dress for Safety

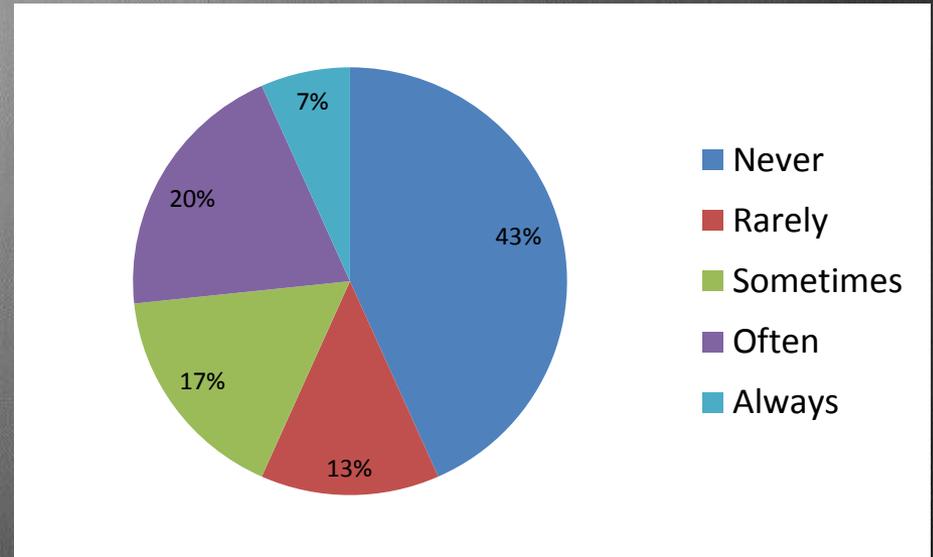
- Wear closed toe shoes such as sneakers
- Tuck in your laces
- Secure baggy pant legs
- Protect your eyes
- DO NOT wear headphones
- DO NOT use a cellphone



Be a “Roll” Model



How often do you bike?



When you bike, how often do you wear your helmet?

Be a “Roll” Model

- What would convince you to wear your helmet?
 - “If my parents told me I had to”
 - “If my parents wore their helmets all the time”
 - “If I wasn’t made fun of for wearing a helmet”
 - “If the helmet was really cool and my parents made me”
 - “If famous people made them look cool”

How drivers and cyclists share the road will determine how safe everyone is on the road



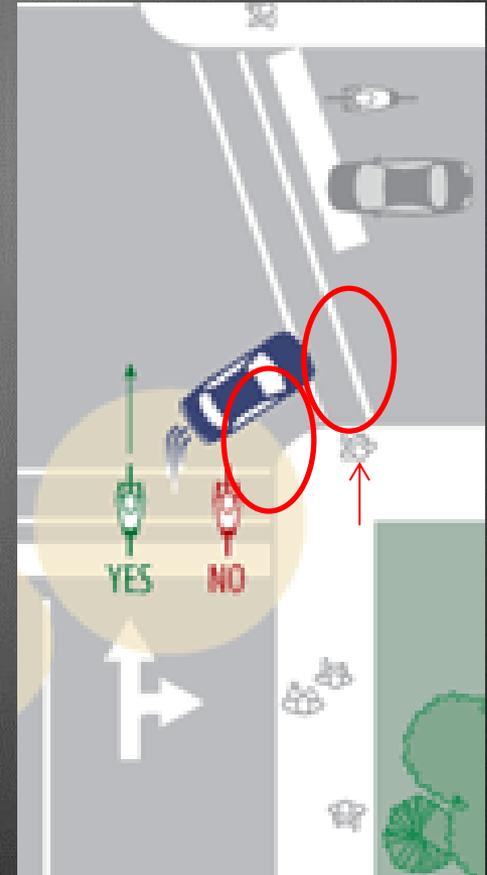
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Common Vehicle-Bike Collisions

Turning Right

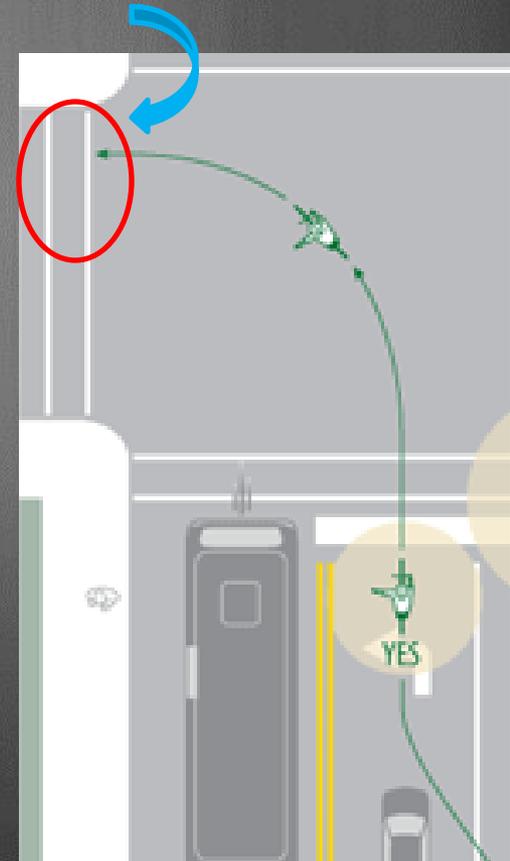
- **Drivers:**
Check the curb lane and check over your right shoulder so you do not cut off any cyclists.
- **Cyclist:**
Watch for vehicles that may not see you and turn wide at intersections.



Common Vehicle-Bike Collisions

Turning Left

- **Drivers:**
Look ahead for oncoming vehicle or cyclists. Check the crosswalk for pedestrians.
- **Cyclists:**
Watch for vehicles that may be about to turn left or oncoming traffic turning right.



Common Vehicle-Bike Collisions

Opening Car Doors

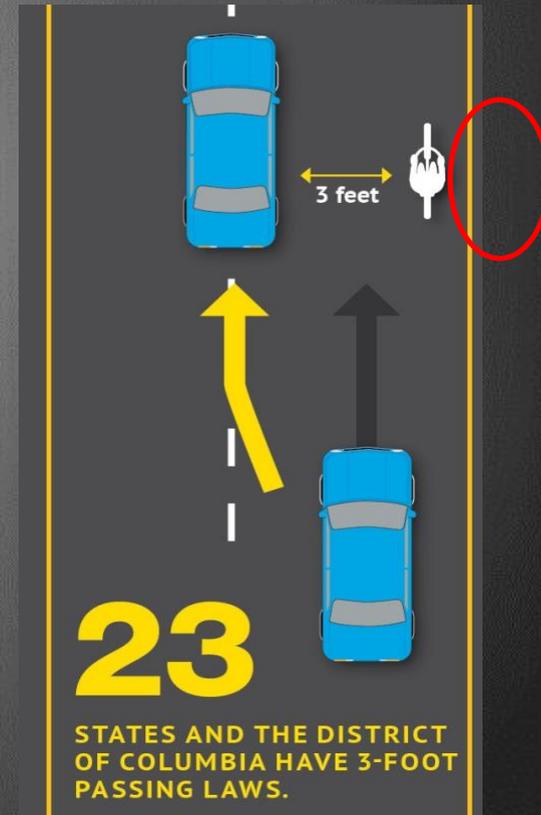
- **Drivers:**
Before opening the car door, check your mirror and over your shoulder for cyclists and pedestrians.
- **Cyclists:**
Watch for people in parked vehicle who may open the door as you are passing.



Common Vehicle-Bike Collisions

Passing

- **Drivers:**
Change lanes to pass. Do not pass too close to cyclists. They need 3 feet on either side as a safety zone.
- **Cyclists:**
Watch passing vehicles and be prepared to slow down or stop if necessary.



Road Infrastructure

- Traffic Calming- build roads that slow the flow of traffic
- Build connections- Grid style road planning
- Encourage bike paths and sidewalks in new developments
- Go on a walking tour around your community- see where people walk and bike

Biking moves us all, Share the Road



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Thank you!

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