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Ride safely TODAY

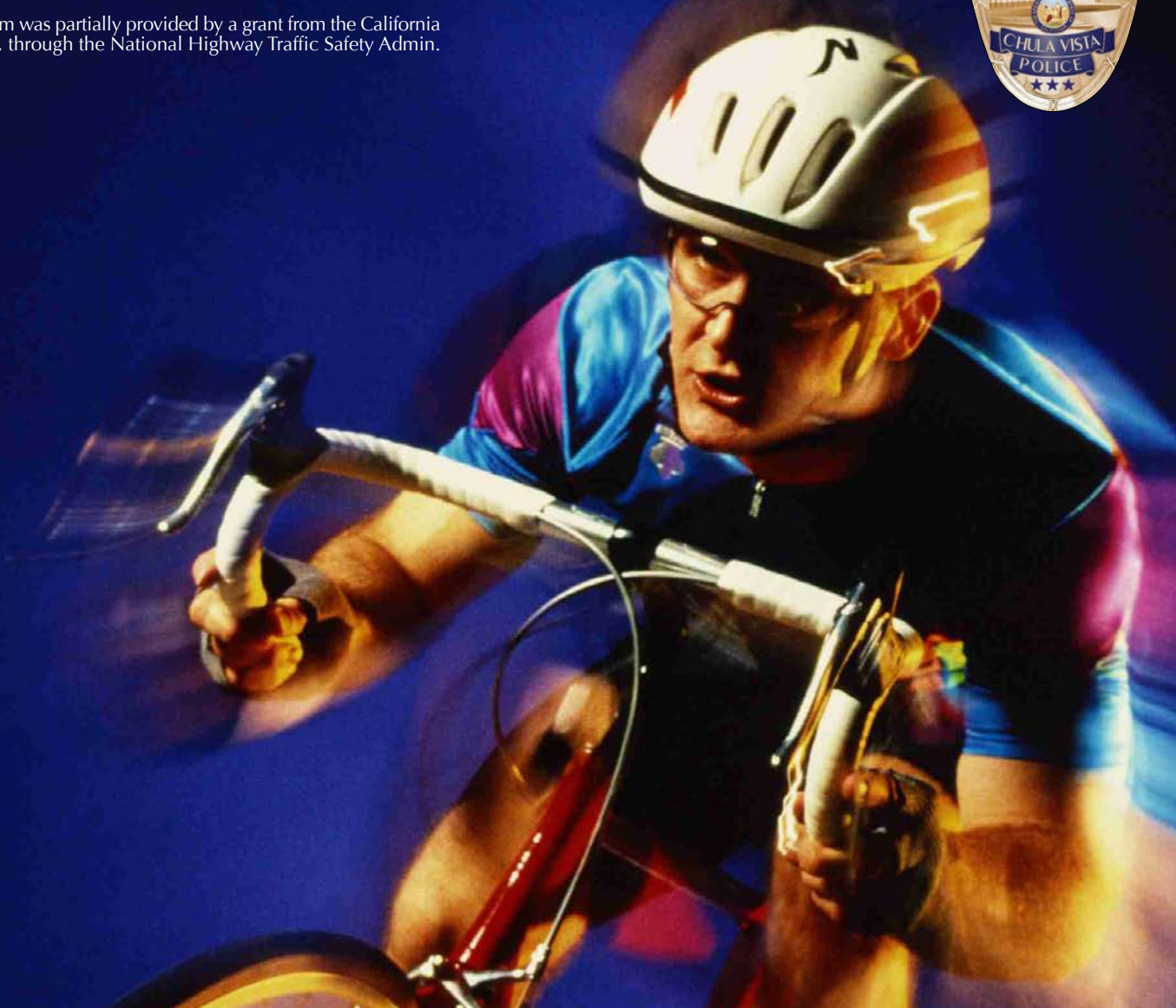
so you
can enjoy
TOMORROW



A joint effort by the City of Chula Vista's
ENGINEERING and
POLICE DEPARTMENTS



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Cars always win.

According to the California Highway Patrol, bicyclists are most often at fault in car/bike collisions that result in injury or death. To be safe and avoid accidents, bicyclists should ride with traffic and be aware of hazards, cars, and people around them.

The most common violations that led to accidents were riding on the wrong side of the road, refusing to yield to an automobile's right of way, unsafe speed and ignoring traffic signals and signs. Cyclists who caused collisions were nearly three times more likely to be under the influence of alcohol, compared to the drivers of vehicles who caused accidents. *Bike smart and follow these safety tips:*

Ride on the right - Always ride with the flow of traffic. Riding against traffic is dangerous.

Ride predictably - Follow the same rules motorists do, and travel in a straight line without swerving.

Obey traffic control devices (signs, signals, lane markings) - Bicyclists must follow the rules of the road like other vehicles.

Protect your head - Always wear a helmet, even on the shortest trips. If you are in an accident, a helmet can prevent serious injury to your brain.

Follow lane markings - Don't turn left from the right lane and don't ride straight through an intersection in a lane marked "Right-Turn Only."

Ride correctly through intersections - Use the right-most lane that goes in your direction. If you're heading straight, get in the through lane. Make sure you are not to the right of a right-turning vehicle!

Signal before you move or stop - Hand signals let drivers and others know what you intend to do.

Enter streets and intersections cautiously - Always check for oncoming traffic.

Ride defensively on the road - Anticipate hazards and be ready to adjust your position in traffic.

Don't ride on the sidewalk - Bicycles (except postal and police bicycles) are not legal on sidewalks in many cities.

Be visible and be seen - Wear bright colors to increase your visibility and make eye contact drivers.

Look behind you - Know how to look over your shoulder and not swerve or lose balance. Rear-view mirrors are an option.



Bicyclists

Be aware of what is around you and always use hand signals. (See diagram to the right.)

Bicyclists are responsible for letting others know when they're turning, stopping, or slowing down. Before signaling, you should scan for motorists, road conditions, pedestrians, etc. Look first, signal, then make your move.

Motorists

Drive cautiously

- Give cyclists a "brake"—slow down when they share the road
- Recognize a potentially dangerous situation for a bicyclist and give the rider extra space

Yield to cyclists

- Cyclists may need the entire lane if there is a hazard
- Drivers should give cyclists time to cross intersections

Be considerate

- Don't honk your horn when passing a cyclist
- When parked on the street, watch for cyclists before opening your door

Pass with care

- Give a cyclist plenty of space when passing—at least three feet

- Look over your shoulder after passing a cyclist to make sure they're clear before moving back into position

Watch for kids

- Children on bikes can be unpredictable—slow down!
- Don't expect kids to know and follow traffic laws.



Left Turn

Extend LEFT arm straight out.



Right Turn

Option 1:
Bend LEFT arm in 90° angle with hand up.



Option 2:
Extend RIGHT arm straight out.



Stopping or slowing down

Point LEFT arm down and slightly out to the side.

BIKE SAFELY.

It could SAVE your LIFE!