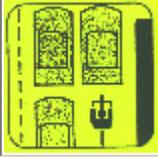




## The City of Manhattan Beach Parks and Recreation Department Strengthens Safety and Security

Bicycle Safety Tips			
	<p><b>OBEY TRAFFIC SIGNS AND SIGNALS</b> - Bicycles must drive like other vehicles if they are to be taken seriously by motorists.</p>		<p><b>NEVER RIDE WITH HEADPHONES; WEAR A HELMET</b> - Always wear a helmet. Never wear a headphone while riding a bike.</p>
	<p><b>NEVER RIDE AGAINST TRAFFIC</b> - Motorists aren't looking for bicyclists riding on the wrong side of the road. State law and common sense require that bicyclists drive like other vehicles.</p>		<p><b>HAND SIGNALS</b> - Hand signals tell motorists and pedestrians what you intend to do. Signal as a matter of law, of courtesy, and of self-protection.</p>
	<p><b>DON'T WEAVE BETWEEN PARKED CARS</b> - Don't ride out to the curb between parked cars unless they are far apart. Motorists may not see you when you try to move back into traffic.</p>		<p><b>RIDE IN MIDDLE OF LANE IN SLOW TRAFFIC</b> - Get in the middle of the lane at busy intersections and whenever you are moving at the same speed as traffic.</p>
	<p><b>FOLLOW LANE MARKINGS</b> - Don't turn left from the right lane. Don't go straight in a lane marked "right-turn only."</p>		<p><b>CHOOSE THE BEST WAY TO TURN LEFT</b> - 2 Choices: (1) Like an auto: signal move into the left turn lane and turn left. (2) Like a pedestrian: ride straight to the far side crosswalk. Walk your bike across.</p>
	<p><b>DON'T PASS ON THE RIGHT</b> - Motorists may not look for or see a bicycle passing on the right. Learn to scan the road behind you while riding. Look back over your shoulder without swerving, or use a rear-view mirror.</p>		<p><b>MAKE EYE CONTACT WITH DRIVERS</b> - Assume that other drivers don't see you until you are sure that they do. Eye contact is important with any driver which might pose a threat to your safety.</p>
	<p><b>SCAN THE ROAD BEHIND</b> - Learn to look back over your shoulder without losing your balance or swerving. Some riders use rear-view mirrors.</p>		<p><b>AVOID ROAD HAZARDS</b> - Watch out for parallel-slat sewer grates, gravel, ice, or debris. Cross railroad tracks at right angles.</p>
	<p><b>KEEP BOTH HANDS READY TO BRAKE</b> - You may not stop in time if you brake one-handed. Allow extra distance for stopping in the rain, since breaks are less efficient when wet.</p>		<p><b>USE LIGHTS AT NIGHT</b> - The law requires a white headlight (visible from at least 500 feet ahead) and a rear reflector or taillight (visible up to 300 feet from behind).</p>
	<p><b>DRESS APPROPRIATELY</b> - In rain wear a pancho or waterproof suit. Dress in layers so, you can adjust to temperature changes. Wear a sturdy helmet to protect your head. Wear bright colored clothing.</p>		<p><b>KEEP BIKE IN GOOD REPAIR</b> - Adjust your bike to fit you and keep it working properly. Check brakes and tires regularly. Routine maintenance is simple and you can learn to do it yourself.</p>