

# NEVADA BICYCLING GUIDE

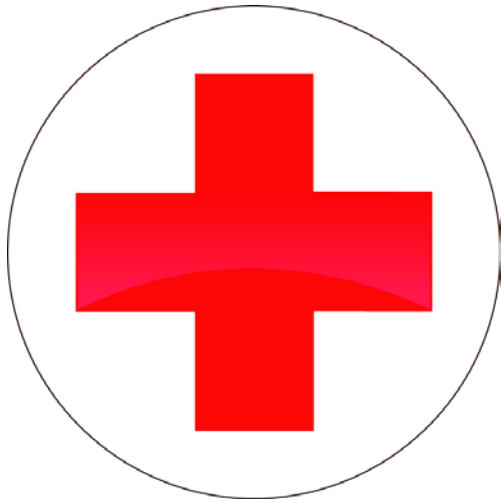


BE BICYCLE SAFE  
EVERY TIME YOU RIDE





LET'S ALL BE SAFE TOGETHER.



In Case of Emergency Contact:

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Relationship: \_\_\_\_\_

REMEMBER TO ALWAYS,  
BE SAFE AND BE SEEN!

Before you head out on your ride, let's go over some very helpful tips and laws that will keep you safe. The more you know the safer you can be. This guide will help you along the way. Let's be safe.





Remember that being safe is the most important thing you can do when you ride.

Remember to always wear reflective gear every time you ride! It is important to BE SAFE AND BE SEEN! Keep a headlight, red rear reflector and a tail light on your bike at all times.

HEAD LIGHT



TAIL LIGHT



# WHILE YOU RIDE...

- Make sure cars and trucks can **SEE** you. Wear light/bright colors during the day and use lights and reflective clothing at night.
- **ALWAYS** ride in the same direction as vehicles do. Never ride against traffic.
- Ride as far to the **RIGHT** as possible unless you are preparing to turn left. **DO NOT WEAVE** in and out of traffic and **REMAIN VISIBLE**. Drivers need to see you so everyone can avoid a crash.
- **TRY** to use bike lanes or designated bike routes whenever you can.
- When riding after sundown or before sunrise, your bicycle **MUST** have a white front headlight, a red rear reflector and side reflectors.
- Before you pass another bicyclist, **LOOK** back for oncoming traffic. **PASS** to their **LEFT** and call out "**ON YOUR LEFT!**" so they can watch for you and let you pass.
- **NEVER** wear headphones or use **ANY** electronic devices while riding your bike—it's safe for you to use 2 hands and to be able to hear what is going on while you ride. Horns honking, cars coming from behind you, and other noises that will alert you if you hear them.
- While you ride, **RIDE IN A STRAIGHT LINE**. Make it easy for cars to know where you are going and do not zip in and out of traffic.



LISTEN

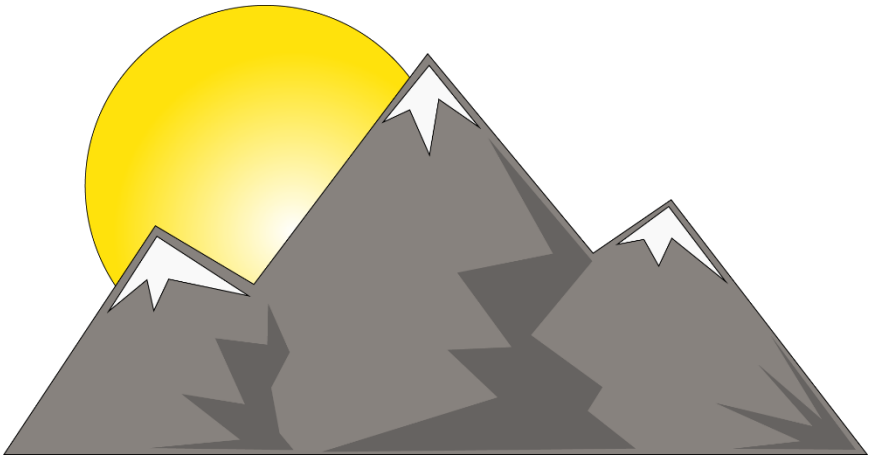


LOOK



# OFF ROAD RIDING...

- **RIDE ON OPEN TRAILS ONLY-** Respect trail and road closures.
- **LEAVE NO TRACE-** Be sensitive to the dirt you ride on.
- **CONTROL YOUR BICYCLE-** Not paying attention for even a second can cause problems and a crash. While you ride focus on your ride and be safe. Pay attention to your speed as you go downhill too.
- **ALWAYS LET SOMEONE KNOW-** Make your ride known well in advance. Let your parents or friends know where you are going, who you are with and when you'll be back.
- **NEVER SCARE ANIMALS-** Give animals extra room and time to adjust to you.
- **PLAN AHEAD-** Know the trail that you are riding and bring the right equipment including food and water. Prepare and you will have a great ride.



# 10 RIDING TIPS

## 1

Always, always, always wear a helmet! It will **PROTECT** you in a crash. 85% of head injuries can be prevented by wearing your helmet. Make sure that the helmet has a Consumer Product and Safety Commission (CPSC) sticker inside which shows it has met **SAFETY** standards. Make sure your helmet is level when it is on.

## 2

Make sure your **BIKE IS SAFE** to ride. Make sure your brakes are working well, your tires are in good condition and are pumped up. Do the "ABC" Quick Check before every ride.

## 3

Always stop and check for traffic in both directions when entering a street or crossing the street. **LOOK LEFT, LOOK RIGHT AND THEN LOOK LEFT AGAIN.** Make sure the driver can see you before you start pedaling again.

## 4

Watch out for **PARKED CARS & DOORS OPENING** as you pass. The driver side door can open with little notice and you could get hurt.

# 5

## **OBEY ALL TRAFFIC SIGNS, TRAFFIC SIGNALS AND TRAFFIC RULES.**

You can **WALK** your bike through busy intersections in a crosswalk if you need to. You may also need to walk your bike through a crosswalk so people may pass through easier. Use crosswalks and follow the flow of traffic while crossing through intersections.

# 6

Remember to **WEAR BRIGHT CLOTHING** every time you ride. Also **USE LIGHTS** to stay extra safe. The best way to stay safe is to be seen.

# 7

While you ride make sure to **LOOK AND SEE** what is going on around you. **MAKE SURE TO LISTEN TOO.** Be aware of your surroundings and be prepared ahead of time.

# 8

**WATCH TRAFFIC** closely for turning cars or entering and leaving driveways. Look for a parked cars reverse lights.

# 9

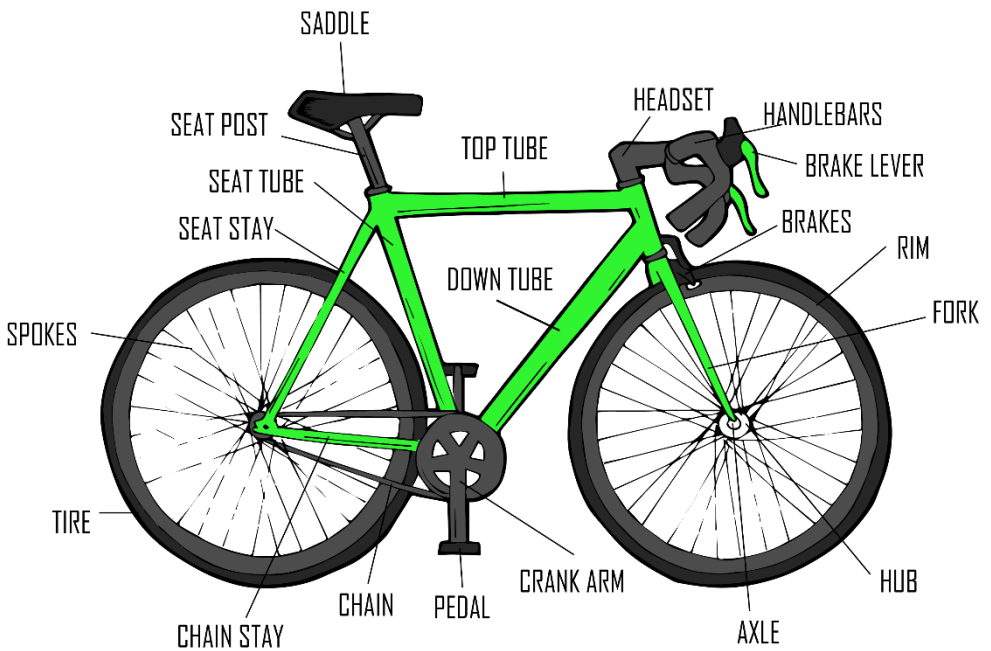
**COMMUNICATE** with drivers and other riders by using hand signals to let them know your next move & where you are going.

# 10

Remember that your **SAFETY IS YOUR RESPONSIBILITY**. Always be courteous and respectful.



# These Are Parts of Your Bicycle



# TYPES OF BIKES



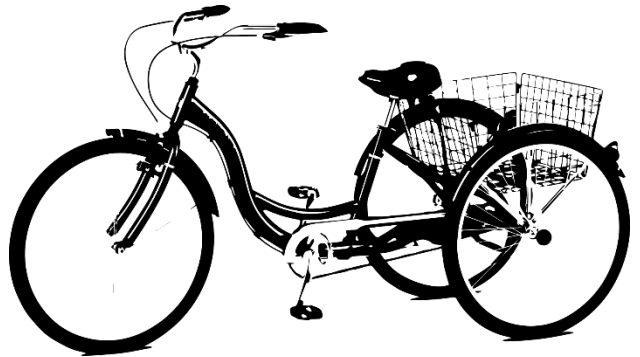
MOUNTAIN BIKE

ROAD BIKE





CARGO BIKE



TRICYCLE

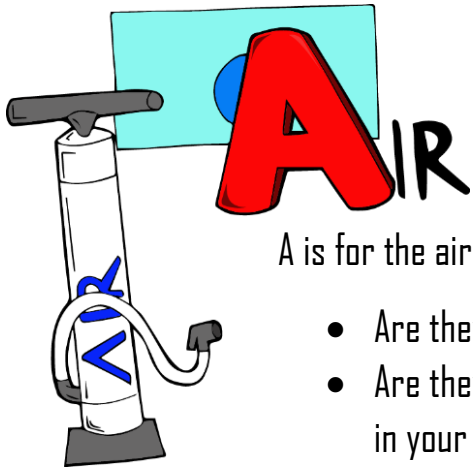


TANDEM

# ***ABC QUICK CHECK***

Before you start a ride, it is always smart to check your bike. The "ABC Quick Check" is a great way to check your bike. Here are the "ABC's" to make sure that your bike is ready to go.





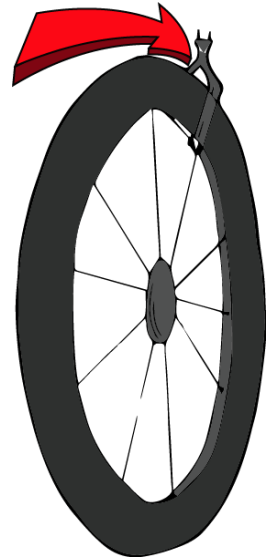
A is for the air in your tires! Be sure to check:

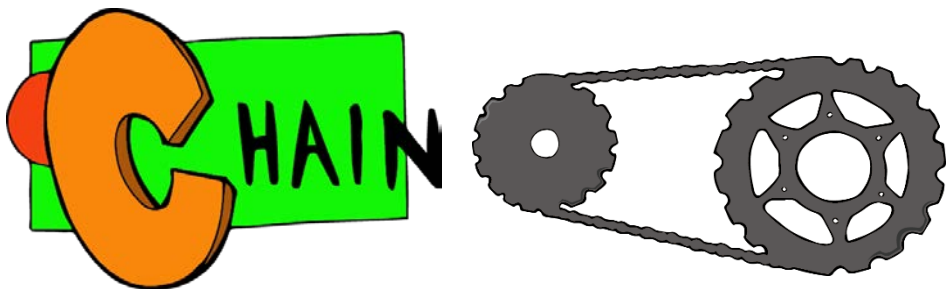
- Are they inflated properly?
- Are they straight and are there any bends in your rim?
- Are the axel bearings loose?



B is for brakes on your bike. Be sure to check:

- Are the levers far enough from the handle bars and not hanging loosely?
- Are your brake pads in the proper position?
- Are your brake pads showing wear? Do the brakes fully tighten against the rim?





C is for the chain on your bike. Be sure to check:

- Is the chain on and lubricated, not dried out and free of dust and dirt?
- Do the pedals spin freely?
- Are the gear derailleurs operating in the correct position? Are they too tight?
- Is there any looseness in the bottom bracket?

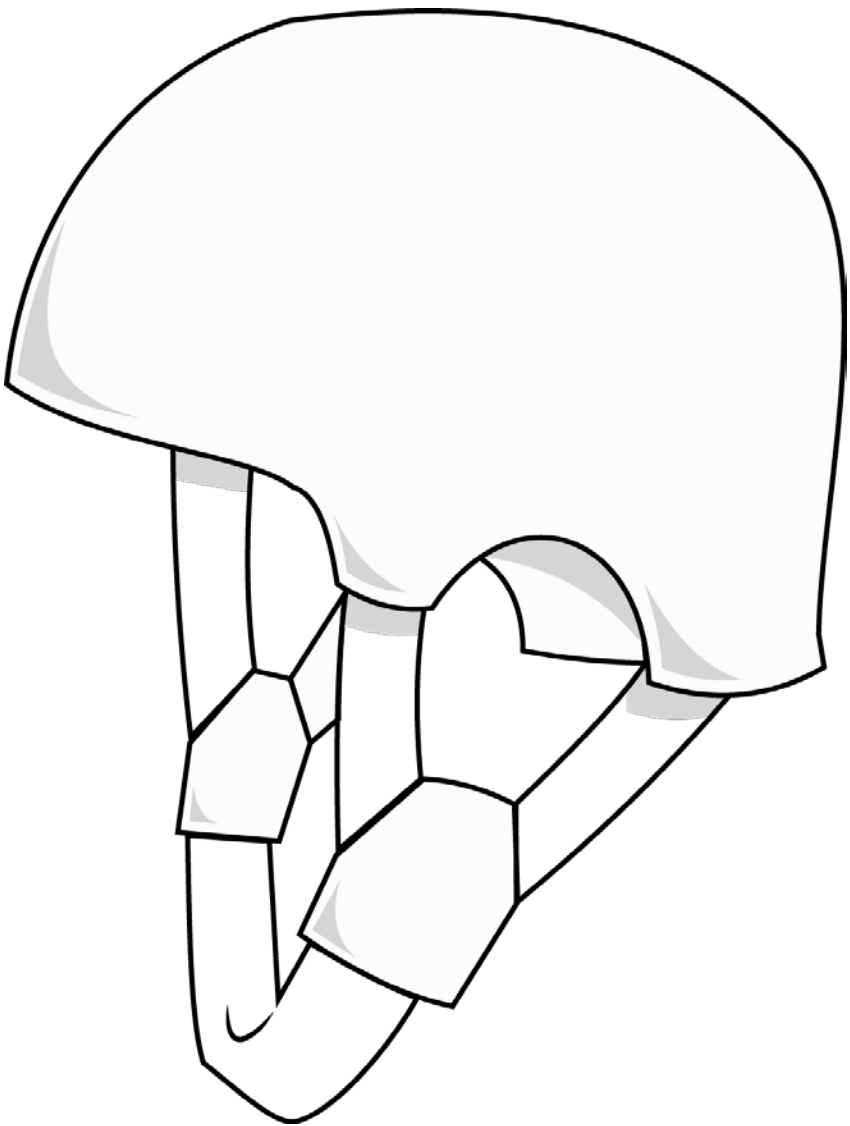
Quick Releases: Quick release are the levers that hold your wheels (and sometimes your seat post) on your bike. Be sure they are firmly closed.

- Are the levers tight?
- Are the nuts on axles tight?
- Are the levers flush against the forks?

Check it over! Take a quick ride to check if the derailleurs and brakes are working. Listen for strange noises. Inspect the bike for loose or broken parts, identify them, tighten and/or replace them.

REMEMBER YOUR  
**SAFETY**  
IS YOUR RESPONSIBILITY

For your safety and the safety of those around you, follow these safety tips to be a safe rider.



DESIGN YOUR OWN HELMET! REMEMBER TO  
ALWAYS WEAR YOUR HELMET AND TO WEAR IT  
PROPERLY.

Stay distraction free. Watch where you are going and put away all your games, phones or anything that might take your attention away from the road.



Don't wear headphones. Make sure you can hear. If you can't hear a car coming or noises to alert you, you could be in a crash.

# THE LAWS



# YOUR RIGHTS AND RESPONSIBILITIES.

# Nevada State Bicycling Laws

Here are some laws to be aware of whether you are riding your bicycle or driving a car.

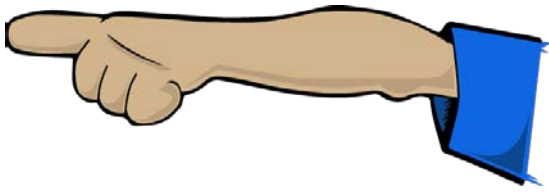
**BICYCLE-** A device moved by human power that is generally recognized as a bicycle except a moped. It can only be operated by one person or as many as the bicycle was designed for.

(NRS 484A.085; 484B.770)



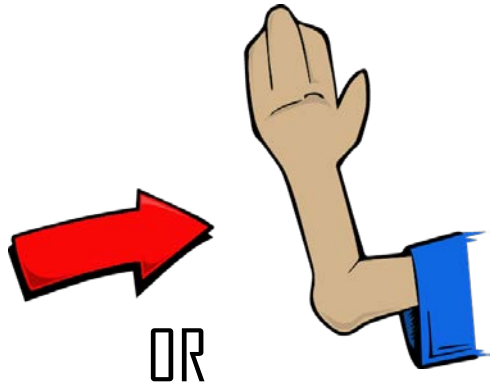
While you ride on streets and roadways you have to follow all the same laws that a car does.

(NRS 484B.763)

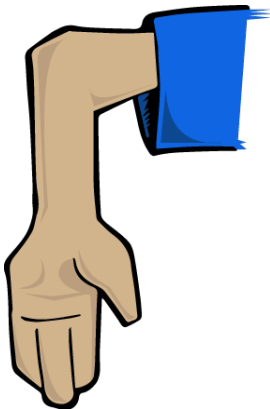
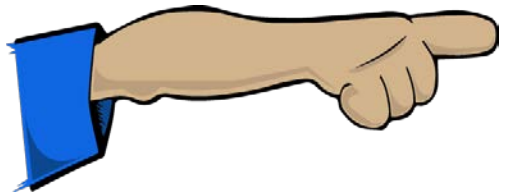


A left turn is signaled by holding the left arm straight out from your body.

A right turn is signaled by bending the left arm straight up. It can also be signaled by using your right arm and pointing right.



OR

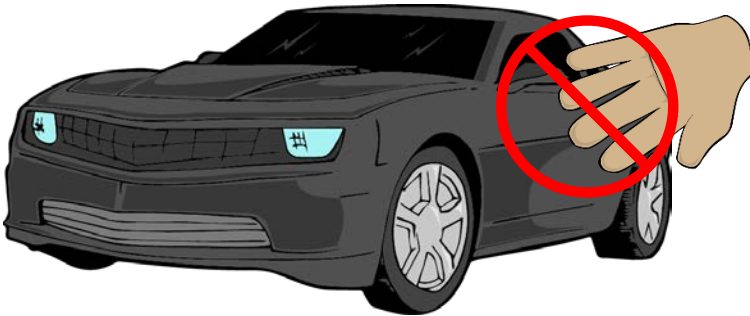


A stop is signaled by bending the left arm down with the hand flat and backwards. This can also be used to signal that the rider is slowing down. Students should call out "Stopping" or "Slowing" when riding with other cyclists.

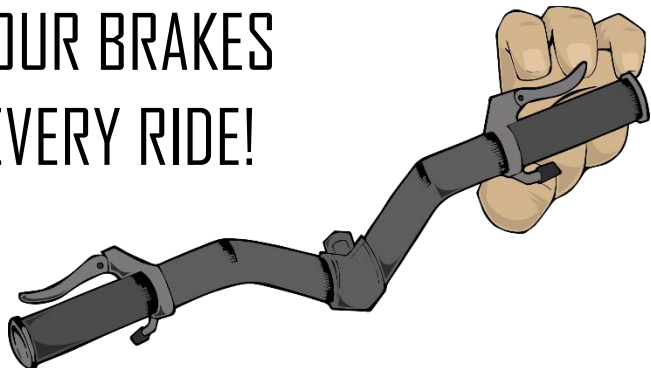


Bicyclists must be careful while riding in the street:

- Do not hang on to vehicles.
- Do not carry anything that keeps you from having at least one of your hands on the handlebars while you ride.
- Cars are required to share the road with bike riders by not passing bicyclists until it is safe. A car can pass a bike if they do so safely, and with at least 3 feet of clearance, (NRS 484B.773; 484B.780; 484B.270; 484B.630)

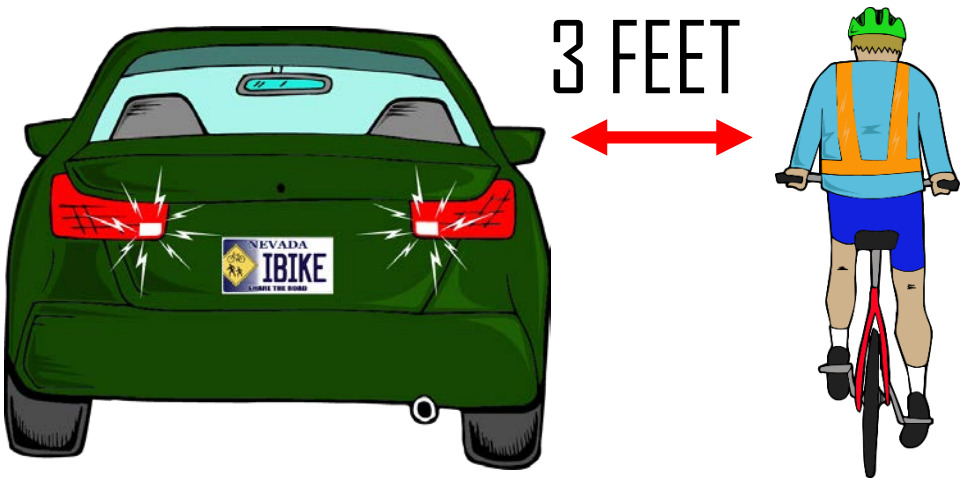


CHECK YOUR BRAKES  
BEFORE EVERY RIDE!



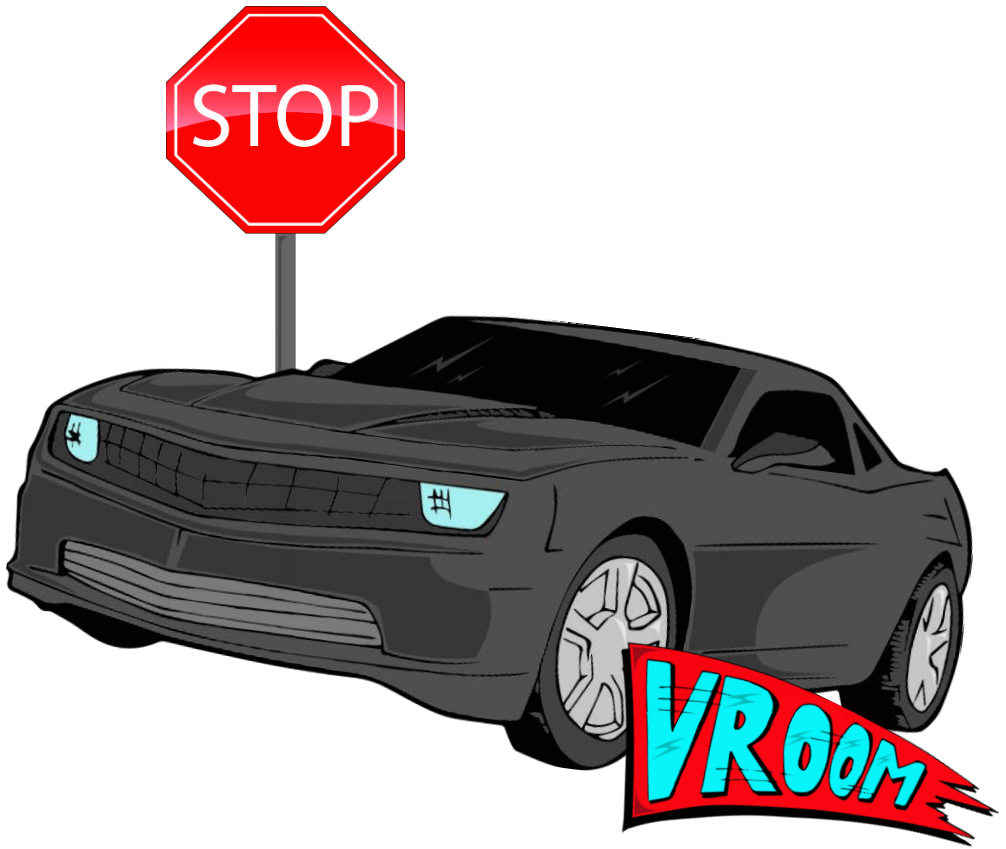
Ride as near to the right as you safely can. Be careful when you pass a standing car, a slow moving car or a car moving in the same direction. Watch for car doors opening as you ride by them. Also, you may not ride more than 2 people side by side. If you are riding slowly you need to move to the far right to allow traffic to safely pass.

(484B.777; 484B.627)



Parents or guardians of children under the age of 18 are responsible to ensure that their child does not break the laws.

(NRS 484B.760)



Cars may not stop for you as you cross the street or ride your bike. Be sure to look left, look right and then look left again. Make eye contact with the driver to make sure they see you. Once the vehicle has stopped, continue to look for cars until you are safely on the other side.

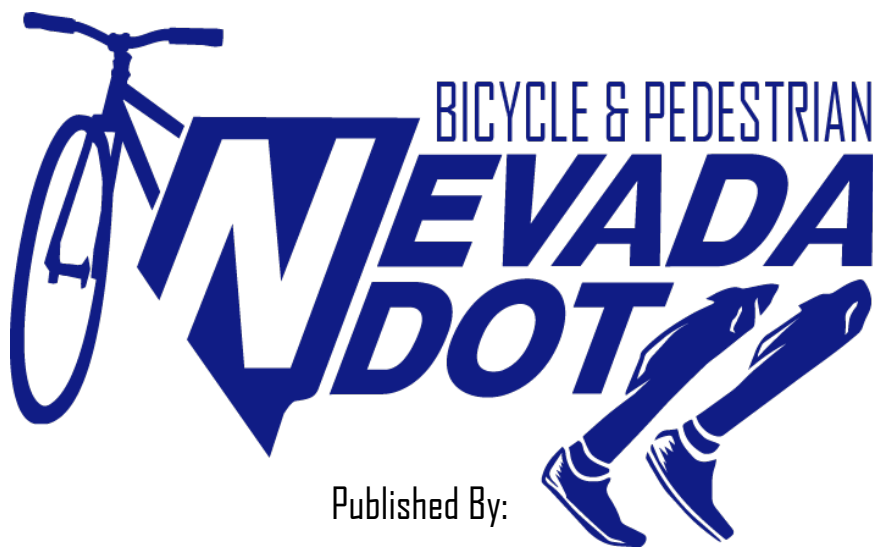


RIDE SAFE NEVADA

# NOTES







Published By:

Nevada Department of Transportation

Bicycle & Pedestrian Safety Program

(775)888-7433

[www.bicyclenevada.com](http://www.bicyclenevada.com)