

Bicycling is Fun...

Riding a bicycle is great exercise, good for the environment, and your wallet! Riding a bicycle is a physical activity and as with all activities, includes an element of risk; please act accordingly.

The City of Salem Bike Path Committee, Mass-in-Motion Salem, and the Salem Police Department recommend that you review the following safety tips so that you and your family can enjoy many years of injury-free riding here in Salem. Remember the use of helmets is required by those 16 and under and is also recommended for all other users.

Be Safe...Be Seen

For more information about laws governing the riding of bicycles or other important bike information, please visit:

www.massbike.org/resourcesnew/bike-law
www.salem.com/Pages/SalemMA_BComm/bike

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Photos courtesy of the City of Salem, Salem Bike Path Committee Member David Hallowes, Salem Mass-in-Motion Program Coordinator John Pelletier, and the City of Cambridge.

Mayor Kimberley Driscoll

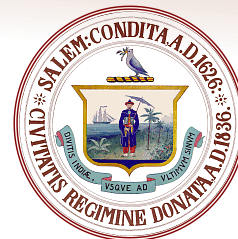


Salem Bike Path Committee
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SALEM

BICYCLE SAFETY

TIPS FOR BICYCLING SAFELY IN SALEM

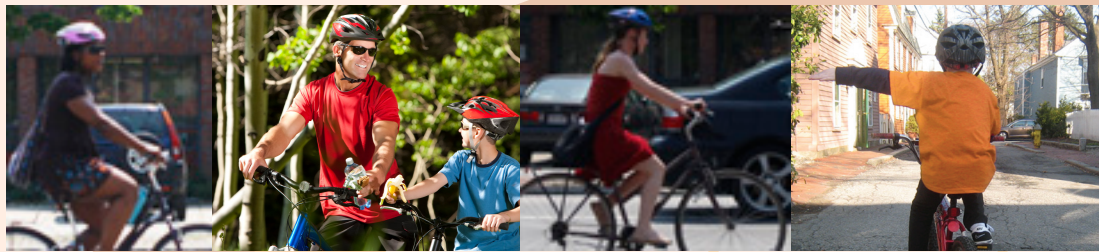


Kimberley Driscoll
Mayor



Tips for Safe Bicycling

1. **See and Be Seen**
2. Wear a helmet (law for those 16 and under)
3. Know your signals
4. Know the rules of the road
5. Know how to make a left turn
6. Make sure your bike is in good repair and safe to ride



Bike Safety also includes keeping your bike safe. Locking with a U-style lock is the safest option. Cable locks can work though they are easier to break. Some locks are available that attach to your bike and lock the frame to the wheel, though they typically need special fittings. Removing wheel quick releases and using nuts instead can also reduce the theft risk. Lock it or lose it!



1. See and Be Seen

Being seen while using a bicycle is the most important step in preventing any unwanted incidents. Make yourself seen! The use of a white headlight and a red tail light or a red rear reflector is required by law when riding at night. They may be steady or blinking but must be seen from at least 500ft away. There are removable battery powered front and rear lights as well as efficient generator lights that stay attached to your bike and turn on any time you ride. Additional visibility can come from tires with reflective sidewalls, reflective clothing and bags, and additional reflective stickers. Weaving in and out of moving traffic and riding unpredictably can reduce your visibility to other road users. Ride in a straight line unless avoiding obstacles (potholes, storm grates, debris etc).

2. Helmets

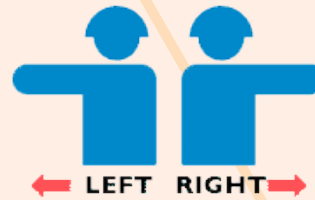
State law requires the use of helmets for those 16 and younger though they are recommended for all users. There are many helmet designs that can fit you or your child's preferred style. Check your local bike shop.



Adjust helmet and straps so it is snug and sits on top of your head.

3. Signals

Signaling is needed to let other road users know your intentions. A simple hand out to the right or left to signal



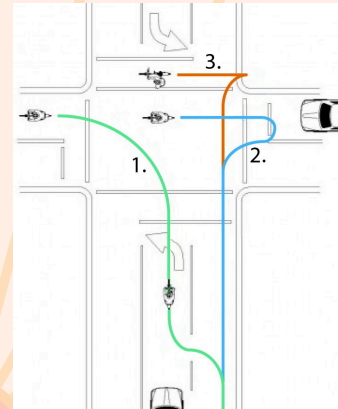
which direction you may be turning is all that is needed. Reflective gloves can help communicate your intentions in low visibility situations.

4. Rules of the Road

A bicycle is a moving vehicle and subject to similar laws as cars. All automobile traffic signals must be obeyed, though you may follow pedestrian walk lights if you wish to walk your bike across an intersection. Go with traffic, not against. A bicyclist may travel side-by-side with another bicyclist but be courteous and make sure there is room for other road traffic to pass safely. A bicycle entering an intersection has the right-of-way over right turning traffic and left turning cross traffic but always be cautious and pay attention. For detailed information, go to massbike.org/resourcesnew/bike-law

5. Left Turn

Left turns can be very tricky depending on the intersection. You have multiple options to cross or make a turn safely. **1.** Position yourself in the left turning lane if applicable and signal a left turn. **2.** Continue through the intersection on the right and stop at the opposite curb, position yourself so you can cross when the light changes, or when there is a safe break in traffic (if stop sign). **3.** Prepare as if you would for option 2 but hop off and walk your bike across the street using the crosswalk and pedestrian light.



6. A Safe Bike

Your bike is a machine and needs care and routine maintenance to remain safe and reliable. Making sure your chain and gears are lubricated, keeping the proper air pressure in the tires, adjusting the seat to the right height, and tightening anything that seems loose will keep your bike running great. To ensure safe and reliable slowing and stopping, keep your braking system well maintained (brake levers, calipers, and brake pads). Other things that can help reduce maintenance and keep your bike rideable day-in and day-out include: fenders, and chain guards, and puncture resistant tires.