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| **Five Steps to Riding Better**  1. Follow the Rules of the Road   * Ride with traffic and obey the same laws as motorists. * Use the rightmost lane that heads in the direction that you are traveling. * Obey all traffic control devices, such as stop signs, lights, and lane markings. * Look back & use hand and arm signals to indicate your intention to stop, merge or turn.   2. Be Visible   * Ride where drivers can see you. * Wear brightly colored clothing at all times. * At night, use a white front light and red rear light or reflector and wear reflective clothing.   3. Be Predictable   * Ride in a straight line and don't swerve between parked cars. * Make eye contact with motorists to let them know you are there. * Do not ride on the sidewalk.   4. Anticipate Conflicts   * Be aware of traffic around you and be prepared to take evasive action. * Learn braking and turning techniques to avoid crashes. * Be extra alert at intersections.   5. Wear a Helmet   * Make sure that the helmet fits on top of your head, not tipped back or forward. * After a crash or any impact that affects your helmet, visible or not, replace it immediately. |