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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.
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