



Delaware Valley Bicycle Club

DVBC Safe Riding Rules and Tips

BIKE SAFETY

Riding a bicycle has the potential for serious personal injury. Please ride safely, responsibly and courteously. What you do has a direct impact on you, as well as other riders and the club. All responsibility lies solely with the individual rider and not with fellow riders, the leader, the club, or any of its officers or members.

All riders are encouraged to review the Pennsylvania's Bicycle Manual produced by the PA Department of Transportation at:

https://safety.fhwa.dot.gov/ped_bike/docs/pamannual.pdf

This manual offers a wealth of valuable information for both novice and experienced cyclists. By all means, read and study this manual.

WEARING AN APPROVED BICYCLE HELMET IS REQUIRED!

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Recommendations for Safe Group Riding

1. Wearing an approved bicycle helmet when participating in a group ride is required
2. Obey traffic laws including stopping at all red lights and stop signs.
3. Ride to the right and single file when appropriate, but realize that in many situations the safest place to ride is the middle of the lane. Where to ride within the road is an important topic included in the Pennsylvania Bicycle Manual
4. Use voice and hand signals to communicate with other riders. Look ahead and call out/or point to road hazards such as debris, open grates, gravel, and holes in the pavement. See page 3 for some of the most common signals. Another important signal not shown in illustration is holding up one finger to tell your riders to ride single file.
5. Let riders behind you know when you are slowing and/or coming to a full stop.
6. Check for traffic; scan the road in front of you, behind you, and around you but DO NOT call out 'clear'. It may be clear for you, but a moment later, who knows? Each rider is responsible for crossing traffic safely.
7. Call "Car back" and "Car up".
8. Make eye contact with drivers so you know that they have seen you.
9. Yield to pedestrians, and slow to a walking pace if safety dictates.
10. Pass on the left and use a bell or your voice to alert others that you are passing.

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11. Cross railroad tracks at a 90° angle, this is extra important when the road is wet.
12. Watch for car doors opening in your path.
13. If you stop for any reason, move yourself and your bicycle completely off the roadway or trail. Do not hinder traffic
14. Eat before you are hungry, drink before you are thirsty.
15. Be Visible, with reflective clothing and lights. Most car/cyclist accidents occur because the driver didn't notice the cyclist. Don't be a statistic.
16. Be Predictable as a rider and encourage your riders to do the same. Don't be a squirrel.
17. Alert the ride leader if there is a rider (or riders) off the back. Riders should call out "Rider Off" thereby alerting the ride leader to slow down or stop altogether.

Want to test your Bicycle Safety knowledge? Try this quiz from Illinois. Most of it is the same as it is everywhere:

<https://rideillinois.org/safety/bike-safety-quiz/>

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General Rules for Group Rides

Be Prepared: Arrive 15 minutes early with Bicycle in good working order, and with emergency information and tire repair kit available. Wear a helmet, have front and rear lights on your bike, bring water and snacks. A mirror is also highly suggested.

Be Respectful: Group rides can only be enjoyed by all when everyone is treated with dignity. In addition, Riders must follow all the instructions the Ride Leader gives. Unless you know the route, it's best if you stay behind the ride leader. If you're out in front and miss a turn, you're on your own.

Be Safe: Be competent in your individual riding skills, be predictable, and follow the rules of the road. A good source for these rules is the [PA Bicycle Riders Manual](#) FYI, there are Novice level rides that are aimed at improving your skills - check the calendar. In addition, Do Not call 'all clear', as the road conditions change constantly. By the time the next rider arrives at an intersection, the intersection could look completely different.

Be Helpful: Be a Team Player. Announce your intentions to pass, move out, stop, slow or turn using Hand signals as well as verbal cues. Point out road hazards. Let the ride leader know if someone has an issue. Let the ride leader know if you decide to leave the group ride once it's started. Don't block the ride leader or other riders. Pass only on the left, with a verbal warning.

Please understand that these rules are our best attempt to keep all our riders safe but still provide interesting and fun experiences to our members.

Note: Ride Leaders have the right to tell any rider not following instructions to leave the ride. In addition, DVBC reserves the right to cancel the membership of any rider who repeatedly fails to follow our guidelines or demonstrates unsafe practices.

Special Rules as we continue to Navigate Covid

Rule #1: Please stay home or ride solo if you have any Covid symptoms, have tested positive for Covid, or have been recently exposed to someone that has Covid.

Rule #2: Pre-register for the ride on our event calendar. Make sure you have signed the waiver and provided emergency contact information.

Rule #3: Recommended maximum group size is 15, but the ride leader may restrict groups to fewer or allow more at their discretion.

Rule #4: Maintain social distance as appropriate. Observe any applicable local, state and federal guidelines and comply with all county Health Department regulations. Bring a mask to wear when social distancing is not possible and for entry into commercial establishments at rest stops.

Rule #5: If you develop Covid symptoms or test positive for Covid within a week of a group ride, please contact the club Ride Coordinator.

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Bicycle Hand Signals

