

KNOW YOUR BIKE BEFORE YOU RIDE

CHECK THAT YOUR...

- ☐ **1 Handlebars** - Tight
- ☐ **2 Horn/Bell** - Loud & clear
- ☐ **3 Headlight** - Bright & clean
- ☐ **4 Front Reflector** - White
- ☐ **5 Wheel Reflector** - Amber
- ☐ **6 Spokes** - Tight & straight
- ☐ **7 Pedals** - Spin freely, white or yellow reflectors
- ☐ **8 Chain** - Snug, clean, & oiled
- ☐ **9 Tires** - Properly inflated
- ☐ **10 Rear Reflector** - Red
- ☐ **11 Saddle** - Right height & tight

HOW TO FIT A HELMET



1 Place helmet level on the head. It should be snug and cover the forehead.

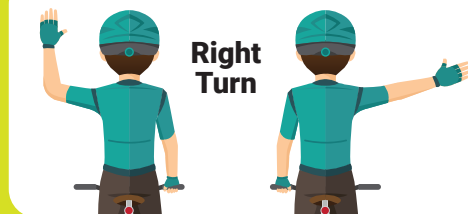
2 Adjust the helmet straps so when buckled it cannot move from side to side or back and forth.

3 There should be about one finger width of space between the chin and the chin strap.

HOW TO FIT A BIKE

- 1.** Lay your arm along the top bar with the elbow touching the seat. Your fingertips should just reach the handlebars.
- 2.** Straddle the bike. There should be about one inch between the top bar and your crotch.
- 3.** Adjust the seat so you can sit on the seat and balance on your toes.

KNOW YOUR SIGNALS



Right Turn



Left Turn

Stop

THE A B C QUICK CHECK

A is for Air:

Check the air pressure. If the tires give when squeezed, they need air. Typically, the air pressure required is shown on the side of the tire.

B is for Brakes:

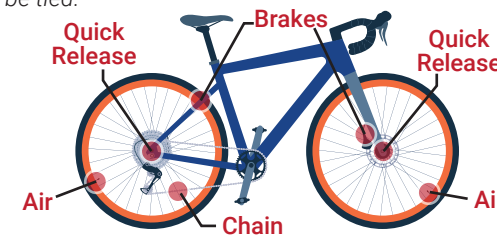
Check to make sure coaster brakes will stop the bike by spinning the back wheel and applying the brake. Check hand brakes to see that the levers do not hit the handlebars when squeezed. Check that the brake pads are not worn - if they are, replace them.

C is for Cranks or Chain:

Make sure the chain is clean, oiled and moving smoothly. Spin the pedals and crank to see if the chain drives the rear wheel. Check gears to make sure the gear levers and derailleurs work to shift

Quick Release: If bike has quick release wheels, make sure the release levers are securely closed.

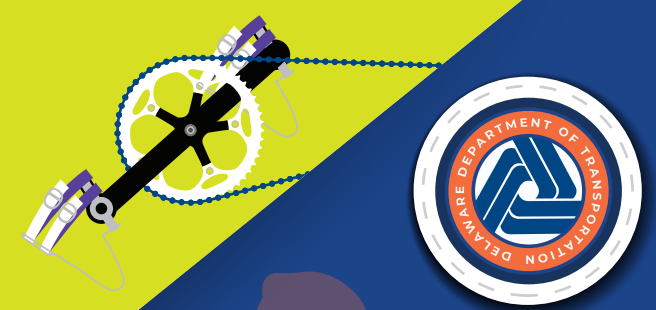
Check: Make sure the seat is at the right height; shoes should be closed toe; and any laces should be tied.



Other Considerations: Bicyclists should be aware of their surroundings and the effect their travel might have on others. For example, if a bicyclist notices that a line of vehicles has formed behind the bicycle because it is moving more slowly than other vehicles using the road, the bicyclist should turn off the roadway at a safe location to permit the other vehicles to proceed.

For more information please contact:

The Delaware Department of Transportation
Active Transportation & Community Connections
P.O. Box 778
800 Bay Road, Dover, DE 19903
302-760-2260



Delaware Bicycle & Pedestrian Friendly Guide





RESPONSIBILITIES FOR BICYCLISTS

- Bicyclists shall travel in the same direction as vehicle traffic when in the roadway, the shoulder, or a bike lane. **§4196**
- Bicyclists may, but are not required, to use the shoulder or bike lane. **§4196(a)(5)(6)**
- Persons riding a bicycle upon a roadway shall not travel more than two abreast (side by side). **§4196(c)**
- Bicyclists are permitted to yield at stop signs instead of requiring a complete stop. Bicyclists are still required to stop at signalized intersections. **§4196A**
- Bicyclists must yield the right-of-way to any vehicle that has entered the intersection from a different road. When a bicyclist and a vehicle enter an intersection from different roadways, the operator of the vehicle or bicycle on the left shall yield the right-of-way to the vehicle or bicycle on the right. **§4196A(c)(d)(e)**
- Bicycles are permitted on sidewalks unless prohibited by official signs or markings. **§4198B(c)**. *Verify with local municipalities which may have stricter ordinances with fines.*
- Persons riding a bicycle on a sidewalk or pushing a bicycle across the road at a crosswalk shall have all the rights and responsibilities of a pedestrian. **§4198B(c)**
- When riding at night, a bicycle shall be equipped with a front white light and may be equipped with a rear red light visible from a distance of at least 500 feet. **§4198F(a)(d)**
- Bicyclists shall not wear earbuds or a headset covering both ears. Persons who are hard of hearing should wear a hearing aid while riding a bicycle. **§4198H**
- Bicyclists under 18 years of age are required to wear a properly fitted and fastened bicycle helmet while operating or riding upon a bicycle. **§4198K(a)**

For Delaware Bicycle Laws go to Delaware Title 21; Chapter 41; Subchapter XII:
<https://delcode.delaware.gov/title21/c041/sc12/>



RESPONSIBILITIES FOR MOTORISTS

- Yield to pedestrians/bicyclists within a crosswalk. **§4142**
- On most laned roads, motorists must fully, completely, entirely change lanes to pass a cyclist. **§4116 (2), §4196 (b)**
- Reduce speed when passing bicyclists along a roadway. **§4116(3)(a)**
- On unlaned roads or roads with very wide lanes, motorists must give at least 3 feet of clearance when passing within the lane. **§4116(3)(b)**
- Look for bicyclists when opening doors. **§4190**
- Motorists are not permitted to honk when passing bicyclists unless there is an imminent danger of collision. **§4306(b)(3)**
- Scan for pedestrians/bicyclists in traffic and at intersections.
- Watch for children on bicycles as they are often unpredictable - expect the unexpected and slow down. Most children do not have adequate knowledge of traffic laws. Children are harder to see because they are typically smaller than adults, so pay attention.

For Delaware Motorist Laws go to Delaware Title 21; Chapter 41:
<https://delcode.delaware.gov/title21/c041/>



ELECTRIC BIKES OR E-BIKES

- Electric bicycles may be ridden anywhere bicycles are allowed, including streets, highways, roadways, shoulders, bicycle lanes, bikeways and shared-use paths. **§4198P(g)**
- Electric bicycles are not permitted on sidewalks while using the electric motor. **§4198P(g)(3)**
- Ride at a safe speed. Slow down in congested conditions, reduced visibility and other hazardous conditions.

NOTE: Some bicycles that look like E-bikes are mopeds or motorcycles.



RESPONSIBILITIES FOR PEDESTRIANS

- Cross roads and streets at crosswalks; use the right half of crosswalks. **§4145**
- Walk on provided and accessible sidewalks or shared-use paths. **§4146(a)**
- If neither a sidewalk, shared-use path nor a shoulder is available, walk on the road facing traffic and as far from traffic as possible. **§4146(b)(c)**
- Do not stand on a roadway to conduct business or solicit a ride. **§4147**
- When walking along a roadway at night, carry a flashlight or reflector. Wear bright colored clothing or a reflective vest if possible. **§4148(a)**
- Do not walk on a roadway, sidewalk or shared-use path when under the influence of drugs or alcohol; they impair your abilities and your judgment. **§4149**

For Delaware Pedestrian Laws go to Delaware Title 21; Chapter 41; Subchapter V:
<https://delcode.delaware.gov/title21/c041/sc05/>

WHAT ELSE PEDESTRIANS CAN DO TO STAY SAFE

- **Never dart out!** Cross streets at crosswalks or intersections when possible. This is where motorists expect pedestrians.
- **Use pedestrian push button** and wait for the walk signal to cross.
- **Take your time to cross.** If a crosswalk or intersection is not available, locate a well-lit area and wait for a gap in traffic that allows enough time to cross safely. Continue to watch traffic when crossing.
- **Make eye contact with motorists** as they approach. Never assume the motorists sees you.
- **Keep alert at all time.** Don't be distracted by cellphones and electronic devices that take your eyes (and ears) off the road.



TRAIL ETIQUETTE

- No gas-powered vehicles or golf carts permitted.

ALL USERS OF TRAILS

- Always show courtesy to other trail users. Respect the rights of property owners.
- Stay to the right side of the trail except when otherwise designated.
- **KEEP RIGHT AND PASS ON LEFT.** Always pass with care and use audible warnings.
- Do not litter - keep the trail clean.
- Properly care for your animal. Keep dogs on leash (maximum length 6-feet) and remove pet waste from the trail.
- Stop at all stop signs along the trails.
- Use only one ear bud to keep aware of your surroundings.
- Carry charged cell phone. Tell friends and family where you are going.

PEDESTRIANS

- Watch for other trail users and be especially alert when running.
- Listen for audible signals and allow faster trail users (runners & bicyclists) to pass safely.

BICYCLISTS

- You are responsible for the safe operation of your bike.
- Ride at a safe speed. Slowdown in congested conditions, reduced visibility and other hazardous conditions.
- Yield to pedestrians (walkers & runners).
- Give audible warnings when passing pedestrians and other bicyclists.
Example: "On Your Left".

IN CASE OF EMERGENCY DIAL 911

Use trail markers to identify your location. Look for trail markers on posts or on the pavement.