



### **Cycle2Health Group Bicycling Guidelines:**

1. All participants are required to wear a road ID that includes name, emergency contact, and primary care physician's phone number. It is the participant's responsibility to also include information or special care instructions for the paramedics in the event of an emergency. The road ID must not be worn on the foot.
2. All participants must wear a properly fitting bike helmet during any cycling activity:
  - a. Helmet should fit snug on head before straps are buckled.
  - b. Helmet should cover approximately half the area on the forehead when the helmet is level.
  - c. The front and back straps should form a "V" under and slightly in front of the ear (it is best that the front strap comes down in as vertical a line as possible from the helmet to the "V").
  - d. Straps buckled under the chin should be snug but not restrict breathing or movement of the jaw.
  - e. The helmet should not move more than ¼" in any direction when vigorously shaking the head from side to side and up and down.
3. A bicycle is legally defined as a vehicle in Maryland. All participants must:
  - a. Obey all traffic signs, signals, and other traffic control devices.
  - b. Ride to the right on road shoulder; ride on white line if there is no road shoulder and with vehicular traffic flow.
  - c. Use standard arm signals to alert others of your intentions. Left arm out straight signals a left turn; right arm out straight signals a right turn; left arm bent downward at right angle signals slowing or stopping;. Start continuous signaling at least 100 ft. in advance; signaling may be interrupted if necessary to maintain control of bicycle.
  - d. Yield to all pedestrians.
  - e. Move to the right and stop for emergency vehicles.
  - f. Stop for loading and unloading school buses when warning lights are flashing.
  - g. Maintain sufficient space behind vehicles for emergency stopping.
  - h. Make all passing maneuvers to the left (exceptions: left turning vehicles and on one-way streets).

- i. Not wear headphones that cover both ears when riding on a roadway
4. Group Biking Etiquette:
- a. Maintain at least one bike length between you and the cyclist in front of you; allow more space if riding downhill or depending on biking experience.
  - b. Always announce loudly if you are going to pass another cyclist or pedestrian.
  - c. Always focus on riding, keep your senses alert and watch for anything that may be a hazard.
  - d. Never pass the ride leader; never drop behind the sweep.
  - e. Always announce loudly when experiencing a flat or mechanical problems.
  - f. Always shout “stopping!” with sufficient time.
  - g. Riding side by side is discouraged, especially on narrow or busy roads; use common sense.
  - h. Shout “Car Up” or “Car Back” when aware of approaching traffic.
5. Before any ride, always check your bicycle to be sure it is in proper working order. The League of American Bicyclists has developed a routine called the ABC Quick Check:
- a. A – air; tires should be properly inflated as marked on the sidewall of the tire
  - b. B – brakes; should be in proper position, able to stop the bike when applied without rubbing the rim or tire
  - c. C – crank set and chain; grab the cranks with both hands and check for lateral play; also be sure the chain is lubed and not kinked or otherwise deformed
  - d. Quick – quick release devices should be in proper “closed” position and adequately tightened, such as wheel skewers, seat post, and break cables
  - e. Check – do a short ride around, testing brake and shifting response, as well as watching and listening for anything out of the ordinary
6. Participants must provide a spare tube, bicycle air pump, and tools to change a flat tire.
7. If you are lost, stay where you are. It is much easier for the leader to find you if you are not constantly on the move and have not strayed from the bike route.
8. If you decide to leave the group, it is your responsibility to notify the ride leader or ride sweep. It is recommended that you carry a cell phone on each ride.
9. Report all injuries or accidents to the Ride Leader before leaving at the end of the trip.

These guidelines are available in alternate formats upon request. Call 410-313-5940 (voice/relay) for more information about Cycle2Health or visit [www.howardcountymd.gov/C2H](http://www.howardcountymd.gov/C2H).