

Bathroom Briefs

Your line to good health!

Developed by: Health Promotion & Disease Prevention
Section, Forsyth County Department of Public Health



CYCLING SAFETY

- Bicycles are vehicles and must obey the same traffic laws as motorists.
- Bicyclists should ride predictably with the flow of traffic, signaling turns and lane changes.
- Bike helmets are required by NC law for bicyclists under the age 16, even on sidewalks and public trails.
- The city of Winston-Salem is adding bike lanes and shared lane markings to make bicyclists more visible.
- Be visible by wearing bright, reflective clothing and using strong lights at night.
- When your bike is parked outside, always secure it with a strong lock.
- Be courteous to other roadway users and always yield to pedestrians.
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Cycling: The Basics

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Cycling: Where to Ride?

BIKE LANES

Bike lanes are a separate lane just for bicycles with a solid white line distinguishing the bike lane from motor vehicle lanes and has a bike lane symbol spaced along the lane. Bike lanes are usually 5-6' wide. While bike lanes are available for cyclists to use if they choose, cyclists are not required to use bike lanes and may continue to share other lanes with motor vehicles.

Did you know? As city streets are scheduled for repaving or widening, bike lanes are being added where feasible if there is sufficient roadway width to safely accommodate cyclists in a separate lane. In some cases, where roadway width is not sufficient, a bike lane may be added to one side only, especially on the uphill side.

SHARED LANE MARKINGS

Where the travel lanes are not wide enough for a separate bike lane, shared lane markings or "sharrows" may be used to indicate to cyclists the best position for riding within the lane as well as informing motorists that bicyclists may be sharing that lane.



GREENWAYS

Greenways are off-road facilities, sometimes referred to as linear parks that are great alternatives for cyclists who prefer not to ride on the road or who want to ride in more scenic areas.

Cycling: Learn the Language of the Road

To ride safely in traffic, bicycle riders must use their hands and arms to communicate to other motorists around them. There are four important arm signs you should know and use every time you prepare to turn or stop. Remember to signal, using your left or right arm, about one-third of a block before you plan to turn so vehicles behind you have ample time to slow down.

Since making a hand signal requires cycling with just one hand on the handlebars, practice doing that while maintaining a straight line. The proper turning sequence is: first shoulder check, then a hand signal,

and then, with both hands on the handlebars, shoulder check again before making the turn or the stop.

