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# RIDE WEEKEND SAFETY GUIDELINES

## Be Aware

- Know where other riders and vehicles are and keep an eye on traffic patterns
  - Don't wear headphones, bring a speaker, or talk on a cell phone while riding
  - Be conscious of wildlife, especially in heavily wooded areas, and keep a safe distance from any animals you may encounter
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## Be Predictable

- Be predictable to vehicles and cyclists around you by following Ohio traffic laws
  - Pay attention to public safety personnel, staff and Pelotonia road signs
  - Let other riders know when you are slowing, stopping, or turning and if a crossroad is clear using physical and verbal cues
  - Use hand and verbal signals (Left, right, stop, slow, clear, car up, car back, point down to indicate hazards)
  - Watch out at intersections and call "clear" loud enough for others to hear
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## Be Visible

- Wear reflective gear or bright colors and stay visible to drivers and other cyclists
  - Use bicycle lights to draw extra attention to your presence on the road
  - Never stop or walk in traffic lanes, even though it may feel like you're the only one out there!
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## Be Prepared

- Carry a well-packed kit with tools to repair minor breakdowns, plenty of water and nutrition, and a GPS device with offline capabilities for gravel routes with no cell service
  - Help other Riders when possible (call SAG, help with repairs, etc.)
  - Assist but do not move injured riders, call the Pelotonia hotline number +1 855-889-RIDE (7433) and 911
  - Check your bike thoroughly before every ride
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## Ride Safe

- Always wear a helmet
- Call out obstacles in your path to other riders
- Avoid overlapping wheels – leave space between your bike and others
- Ride single or double wide, never three or more across
- Use single file when cars pass