



## NORTH FLORIDA BICYCLE CLUB

### The Rules – To Keep Us All Safe

Safety is our number one priority on NFBC events. Your behavior on the event will affect not only your personal safety, but the safety of those around you and the greater cycling community. The success of this event depends on each and every one of us behaving responsibly and taking care of ourselves and one another.

Following is a list of safety guidelines you must adhere to on the event. Please read them carefully. Violation of any of these rules could jeopardize your participation in this and future NFBC events.

1. **Obey all traffic laws, traffic signals and signs.** Bicyclists using a public roadway are considered operators of vehicles and are responsible for observing traffic laws, traffic signals and signs.
2. **Do not ride more than two abreast.** Ride single file if by riding two abreast you would impede traffic.
3. **Give yourself space between other cyclists.** Unless you are riding in a paceline with people you know and trust, ride so that your front wheel is at least one bicycle length behind the rear wheel of the cyclist in front of you and at least six inches to the right or left of the line that the cyclist in front of you is riding.
4. **Pass safely.** Only pass another cyclist when it is safe to do so, and pass only on the left side of the cyclist in front of you. Call out, "On your Left" loudly before passing.
5. **Ride predictably and communicate your intentions.** Call out and use hand signals if you feel it is safe for you to take one hand off of the handlebars.
6. **Alert others to potential hazards.** Call out (and point, if you feel it is safe to do so) when you see glass, potholes or other potential hazards on the road. Alert others if there is a car back, or car approaching from a driveway or intersection.
7. **Always wear your helmet.** You must wear your helmet at all times when on your bicycle.
8. **Never wear headphones,** use a cell phone, radio or walkie-talkie while on your bicycle. Loud music is prohibited while riding.
9. **Control your bicycle.** Use both hands whenever possible. The use of aerobars is prohibited in pacelines.
10. **Ride defensively and stay alert.** Always be alert and aware of your surroundings.

### NFBC Citizenship

1. **Be courteous.** Treat people as you wish to be treated. People will make judgments about the entire cycling community based on your actions.
2. **Be respectful of others.** Your behavior can set the tone for others' behavior around you, for the good and the bad.
3. **Eat before you're hungry and drink before you're thirsty.** You will make poor decisions and become irritable to those around you when your body is depleted of fuel and fluids.
4. **Obey instructions of NFBC ride marshals.** Safety is our top priority. We have set these rules to ensure that every participant has a safe and rewarding experience on the event. If we witness behavior that compromises the safety or health of any participant, we will address the issue with the individual, or individuals, involved. Violation of any of these rules could result in expulsion from this and future NFBC events.