



Bike Safety Tips & Theft Prevention

Revised Date: 9/14/18

Description: Here are a few tips on riding a bike safely and preventing theft.

Step 1: Wear a Helmet

- Helmets reduce the risk of head injury.
- Helmets should be worn low, level, and snug.

Step 2: Ride Predictably

- Ride in a straight line.
- Don't weave in between parked cars.
- Just like driving a car, look over your shoulder before changing lanes or turning.
- Use hand signals.
- Ride as far to the right as is practicable. Cyclists have the right to take the lane if necessary.

Step 3: Use Lights at Night

- Use a red light on the rear of your bicycle.
- Use a white light on the front of your bicycle.

Step 4: Ride Like you Drive a Car

- Same rights, same rules, same road.
- Do not ride on the sidewalk. Automobile drivers are expecting other vehicles on the road, not the sidewalk.
- Ride on the right side of the street. Riding against traffic increases your chance of accidents.
- Please see OCTA's [Wrong Way Riding](#) information.

Step 5: Watch for Dismount Zones on Campus

- The center core of the CSUF campus is a pedestrian only zone.
- Please obey the signs and park or walk your bike in these areas: [Campus Bike Path](#).

Step 6: Prevent Theft with a U-Lock

- U-Locks provide the best protection of any lock.
- Make sure your frame is locked to the bike rack.
- Park your bike only at designated bike racks. Bikes parked on walkways or blocking ADA access will be removed.

Bike Community Checklist:

The Week Before

- Determine your route to work
 - Choose roads that have wide outside lanes or paved shoulders. Collector streets (those that are at the half mile mark between major streets) are often a good choice.
 - Drive the route during your normal commuting time to determine potential traffic problems.
 - Test the route on a weekend to examine the road surface for potential problem intersections and the approximate time it will take you.



- Inspect your bike
 - All mechanical parts should be in good repair including brakes, tires, and gears.
 - Your bike should be adjusted properly for seat heights, handlebars, etc.
 - You must have a helmet.
 - If you're riding at night, you will need a light.

The Day Before

- Dress for the occasion
 - Wear a helmet.
 - Bike in comfortable cycling clothes.
 - Pack a bag with your work clothes, or bring attire the day before you cycle.
 - Keep a "kit" of toilet articles and a towel at work.
- Pump up
 - Make sure your tires are properly inflated.

The Day of

- Don't cycle on an empty stomach.
- Get an early start and take your time.