

# OCC Skills Clinic #2:

## Safety<sup>1</sup>

### Slow and Easy Ride - East, 6/13/19

Safety equipment:

- Helmets (a requirement for OCC rides but always wear one anyway)
- Mirrors
- Lights, front and back
- High-viz clothing, especially on moving body parts (shoes, socks)
- Optional: bell (for riding on multiple-use pathways), video camera

Choose roads that are safe for cyclists

- Roads with good shoulders
- Roads with low traffic volume
- Avoid roads with high speed traffic

Ride defensively:

- Be aware of your surroundings and everything in it. (Use mirrors, no excuses!)
- Make certain you are seen by motorists
- Ride with purpose, project your intentions
- Expect the unexpected

Follow all traffic rules always! :

1. Ride as far to the right as practicable. Double file is ok only when there is no traffic.
2. When being passed (or passing), always ride single file.
3. No earbuds, headphones or speakers
4. No talking on the phone or texting while riding
5. Do not ride three abreast, as middle rider has no evasive path

Safety in group rides (in a future skills clinic)

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<sup>1</sup> Adapted from the safety video produced for riders who ride the Pan-Mass Challenge (<http://www.pmc.org/ride/safety>) and based on Massachusetts General Laws, Section 85, Chapter 11B