Bike Safety Awareness Campaign
Goals

• Highlight the importance of safety
• Educate and engage the public
• Create and foster a safer community
• Develop partnerships
BIKE SAFETY

BIKE SMART. BIKE SAFE.

Check your bike safety IQ and win safety gear!
BeBikeSmart.com

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MONTE SU BICICLETA DE MANERA INTELIGENTE. MONTE SU BICICLETA CON SEGURIDAD.

Verifique su coeficiente intelectual sobre la seguridad para ciclistas y gane equipo de seguridad!
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BICYCLIST SAFETY TIPS
FOR ADULTS

IT'S A DAY FOR A RIDE!
Before you roll, take a few minutes to review these tips to help make your journey safe and enjoyable.

Know the law.* Understand and obey laws governing traffic safety, safe riding procedures, bike equipment, and more.

Wear a helmet. Head injuries are the most serious type of injury and the most common cause of death for bicyclists. Wear helmets required only for these under 18. Everyone needs protection. Learn how to select and fit a helmet at: osea.org/bike Helm.

Be visible. Wear bright or reflective clothes. Equip your bike with a headlight and rear reflector.

Learn hand signals. Hand signals tell motorists when you want to turn left, right, slow or stop. They're easy to learn and are required by law. Find out how at octa.net/bikesafety.

Ride with traffic. Failure to do this is the biggest cause of bicyclist injury in Orange County. Go with the traffic flow. It's the best way to share the road with motorists. If you are traveling slower than the speed of traffic, you must use the bike lane if one is available.

Pay attention. Don't ride distracted. Keep the music and phone for another time. Avoid riding if you are tired and don't ride your bike if you've been drinking alcohol.

Use caution when riding near parked cars. You can be injured when a car door opens.

Behave predictably. Don't weave between parked cars. Follow lane and highway markings.

Maintain your bike. Always check brakes, chains and tires before you ride.

Take a bike class. Improve your skills and safety awareness with a local bike class.

*For more information about laws concerning cycling, please view this information from the California Department of Motor Vehicles (DMV):
Protect Your Head with a Helmet

Can you guess which sport sends most kids between ages 5 and 14 to the emergency room? If you guessed biking, you would be right. According to the National Highway Traffic Safety Administration (NHTSA), more children in that age group wind up in the hospital for bicycle-related injuries than with any other sport, many of them with head injuries. Don’t be one of them!

Wear A Helmet: It’s the Law
Wear a helmet every time you ride. That’s the law in California if you’re under 18. Your helmet is your most important piece of safety equipment. Even if you’re an awesome bike rider, accidents can happen. Be prepared and be safe.

Get A Good Fit
Helmets are so important that the U.S. government has created safety standards for them. Use a helmet that meets the standards of the American National Standards Institute (ANSI) or the SNELL Standards for Protective Headgear.
Make sure your helmet fits well and never wear a hat underneath. Keep the helmet level and covering your forehead and keep those chin straps fastened.
This is important stuff, so ask you parents or someone from the bike shop for help.

Here are some tips for fitting your helmet:

1. Get the correct size.
View video here:
http://youtu.be/ABFl3E4paPE
CHECK YOUR BIKE SAFETY IQ!
How Bike Smart are you?

WIN Check your Bike Safety IQ and be entered to win a helmet, jersey or road bike!

Sweepstakes Rules
BIKE SAFETY

BIKE SMART. BIKE SAFE.

MAY IS BIKE MONTH
BIKE SMART BIKE SAFE

QUIT YOUR BIKE SAFETY SMARTS AND PLEDGE TO BIKE TODAY!
Receive a $25 coupon from JAM Bicycle Center and win great safety gear. Go to octa.net/bikemonth

GET ROLLING AND WIN 6000 FOR THESE OUTDOOR ACTIVITIES
- Mar. 29 | 11:00 am - 2:00 pm
- Mar. 30 | 3:00 pm - 6:00 pm

OCTA BIKE FESTIVAL
SUNDAY 4/27
PIER PLAZA

BIKESHARE DEDICATION
TUESDAY, APRIL 22 | 9:30 am - 11:30 am
SOCO Parking Structure,
Fullerton Transportation Center

ANGELS GAME DAY RIDE
SUNDAY, MAY 4 | 11:00 am
Angel Stadium, Anaheim

SANTA ANA BIKE RALLY & BLESSING OF THE BIKES
WEDNESDAY, MAY 7 | 7:00 am - 9:00 am
Santa Ana Metrolink Station to Santa Ana City Hall

OCTA BIKE RALLY
THURSDAY, MAY 15 | 7:30 am - 8:45 am
Orange Metrolink Station to OCTA Headquarters

RIDE OF SILENCE
WEDNESDAY, MAY 21 | 6:30 pm - 9:00 pm
Irvine City Hall / San Clemente North Beach

PIER PLAZA
Results

• 130,000 video impressions on cable TV

• 12,000 video views on YouTube

• 8,880 unique visits to BeBikeSmart.com

• More than 6,000 quizzes answered
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