

BAYSIDE SAFETY BULLETIN

August 1, 2024

Walking on Roads: Whose side are you on?

Did you know that, in areas where no sidewalks are provided (all Bayside) Maine state law requires pedestrians to walk facing approaching traffic? Bikes should go in the direction of traffic, but pedestrians need to walk against traffic. For more details – [please go here](#).

Wear a Helmet: It's the law

Maine state law requires a bike helmet for anyone under the age of 16. See the attached fact sheets detailing rules for bicyclists and motorists – prepared by the [Bicycle Coalition of Maine](#).

Rules for Bicyclists

Bicyclists have most of the same rights and responsibilities as drivers of motor vehicles. Riding is more fun and sharing even the busiest roads with motorists is easier when you ride legally, predictably, and safely.

Obey the Rules of the Road

Ride straight and in single file in a predictable manner. Look ahead and allow time to avoid hazards, negotiate with traffic and opening car doors. Yield to pedestrians and obey all traffic signals and signs — it's the law!

Ride with Traffic

Always ride with traffic. Riding against traffic makes bicyclists more prone to crashes with cars. Pass other traffic on the right, if necessary, carefully and at your own risk. When

approaching multi-lane intersections, choose the rightmost lane for the direction you intend to travel.

Be Visible

In most bike-car collisions, drivers insist they did not see the bicyclist, so it pays to be visible. When riding at night, Maine law requires a headlight in front and reflectors on the back and pedal/ankle. The Coalition recommends a flashing taillight and reflective clothing for night riding as well — the brighter the better.

Signal All Turns

Look behind you before lane changes or turns. Signal safely in advance using one of these signals.

Maintain Your Equipment

Give your bike a professional inspection and tune-up regularly. Worn or under-inflated tires, poor brakes, or a faulty drivetrain can be dangerous and make riding less enjoyable.

Wear a Helmet

Helmets are required for bicyclists under 16. For all bicyclists, a helmet is the best protection against head injury in the event of an accident. Your helmet should fit level and snug.

Make Left Turns Safely

Turn left by moving into the left side of the travel lane or left turn lane, or stop, dismount and walk across crosswalks.

When we all ride safely and are considerate of others, it's easy to Share the Road!



TURNING LEFT TURNING RIGHT, 2 OPTIONS
(VIEW FROM BEHIND)

Rules for Bicyclists ▼

Rules for Motorists ▼

To use as a wallet card, fold in half and fold in half again

how we share the road

BICYCLE COALITION OF MAINE



Rules for Motorists

Bicyclists have most of the same rights and responsibilities as drivers of motor vehicles. Although bicyclists are less visible, slower, and more vulnerable to injury than motorists, bikes and cars share the road best when bikes are respected as vehicles with equal rights to the road.

Expect Bicyclists on the Road

Look for bicyclists on all types of roads, in all weather, and at any time of day or night. Bicyclists may legally ride anywhere within the travel lane for their own safety on narrow roads or to avoid potholes, debris, opening car doors, or other hazards.

Before opening your car door adjacent to travel lanes, look for approaching bicyclists.

Watch for Children

Children on bicycles are often unpredictable. Expect the unexpected.

Don't Use Your Horn

It's rude and startling. Wait to pass until it's safe to do so.

Pass with Care — Give Bikes 3 Feet

Slow down and wait until it is safe to pass. Give all bicyclists at least 3 feet of clearance when passing — it's the law. Be sure you've safely cleared the bicyclist before returning to the lane.

Use Extra Caution in Bad Conditions

In bad weather, give bicyclists extra trailing and passing room. When uncertain in any situation, slow down until it's safe to proceed.

Be Careful at Intersections

Assume bicyclists are traveling through intersections unless they signal otherwise, and yield to them as you would to any other slow-moving vehicle. Do not turn left or right in front of bicyclists unless you can do so safely. It's the law.

When we all ride safely and are considerate of others, it's easy to Share the Road!

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Rules for Motorists ▼

Rules for Bicyclists ▼

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