

## HAND SIGNALS:



Use your left arm for signaling. Proper signaling is as follows:

- Right Turn: upper arm straight out to the road, forearm and hand straight up and perpendicular to the road.
- Left Turn: arm straight out and parallel to the road.
- Braking: upper arm straight out parallel to the road, forearm and hand straight down and perpendicular to the road.

In order to give hand signals you must be able to ride with only one hand on the handlebars. To signal you must use your left hand to let other road users know what you intend to do.

Signals should be given as soon as possible. Remember to keep both hands on the handle bar when you make the turn.

## BIKE REGISTRATION

Bike registration is provided by the New Glasgow Regional Police free of charge. By registering your bicycle with the New Glasgow Regional Police you are taking an active part in crime prevention. The New Glasgow Regional Police is better able to locate a lost or stolen bicycle if it has been registered. To register your bicycle you must complete a form available from the Community Policing Officer at:

### NEW GLASGOW REGIONAL POLICE

225 Park Street  
New Glasgow, Nova Scotia  
B2G 5B7

To report an Emergency or other  
crime call:

# 911

General Inquiries:  
**(902) 755-8353**

# BICYCLE SAFETY



## NEW GLASGOW REGIONAL POLICE

## WHY IS BICYCLE SAFETY IMPORTANT?

Knowing the rules of the road and other safety issues can keep you from getting hurt. Cyclists share the road with motor vehicles and pedestrians. It is important to be aware of the rules to ensure your safety and the safety of those around you.

## YOU AND YOUR BICYCLE

Check once a week to make sure your bicycle is in good repair. Lubricate all moving parts regularly. Every spring, check your bike for worn or broken parts.

You should be able to straddle the frame of your bike with both feet flat on the ground. Make sure the seat is adjusted to fit properly.

Follow these steps to adjust the seat:

1. Have someone hold the bike upright
2. Sit on the seat
3. Put the pedal as far down as it will go
4. Raise or lower seat until, when seated with the ball of your foot on the pedal, your leg is slightly bent

## BICYCLE SAFETY AND THE LAW

- Always wear a helmet. The fine for not wearing a helmet is \$135.75.
- Cyclists must keep to the right side of the road. They should ride as close practical to the right-hand curb or edge of the road except when passing another vehicle, when preparing for a left turn, or avoiding unsafe conditions.
- Know and obey traffic regulations, signs, signals and markings.

## RIDE SAFELY

- Choose to ride on a route with few cars, slow traffic and easy intersections.
- Cycle defensively; keep an eye out for the “other guy”.
- Always stop and look left-right-left before entering the road.
- Cycle with traffic, not against it.
- Ride single file.
- Don't carry passengers or items that interfere with your control.
- Never hitch onto motor vehicles.
- When moving from one lane to another, always look back first and yield to traffic.

- At busy corners, you may want to walk your bike like a pedestrian, especially when making a left turn.
- Use hand signals. Hand signals tell motorists what you intend to do.

## BICYCLE HELMETS MUST FIT PROPERLY TO PROTECT YOU!



- White, yellow or brightly coloured helmets make you more visible in traffic and can help you avoid collisions.
- Wear a helmet every time you bicycle, even for short distances.