



## Bicycling Safety

When commuting via bicycle, remember to pay attention to all of your surroundings as well as the protective measures that will likely save your life. Look below for resources, regulations, and tips on how to protect yourself while riding your bicycle.

### Regulations

- Helmets are required
- All traffic laws must be followed
- Ride with traffic, not against it
- Night Riding: White front light and a red rear reflector are required

### Resources

[City of Vancouver Laws and Tips](#)

[Bicycle Maintenance Tips](#)

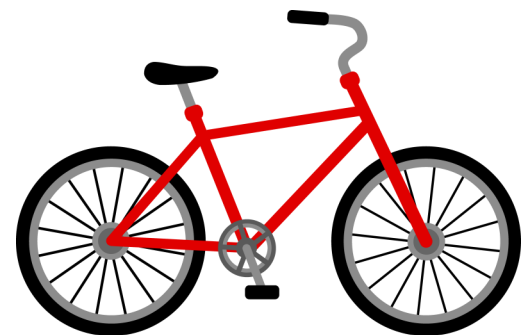
[Community Cycling Center](#)

[Bicycling Maps](#)

[How To Not Get Hit By Cars](#)

### Tips

- Stay visible while in the road
- Pay attention to your surroundings
- Wear bright clothing or reflective gear
- Perform proper bicycle maintenance
- Be predictable while riding
- Understand and use hand signals
- Stay off the sidewalk



Created by Kara Meredith

**Don't learn safety by accident**