



T R A N S P O R T A T I O N

H E A L T H

R E C R E A T I O N

Know the Laws

Bicyclists have all the rights and responsibilities of other road users. Your actions affect the public's opinion of cyclists. For bicycling safety and to do your part to share the road, read and obey Illinois traffic laws.

Lane Positioning

When riding on roadways and bicycle paths at less than normal traffic speed, ride as close as practicable and safe to the right-hand curb or edge of the roadway except:

1. When overtaking and passing another bicycle or vehicle proceeding in the same direction; or
2. When preparing for a left turn; or
3. When reasonably necessary to avoid fixed or moving objects, parked or moving vehicles, bicycles, motorized pedal cycles, pedestrians, animals, surface hazards, or substandard width lanes that make it unsafe to continue along the right-hand curb or edge. A "substandard width lane" means a lane that is too narrow for a bicycle and a vehicle to travel safely side by side within the lane.



4. When approaching a place where a right turn is authorized.
5. When riding on a one-way highway with two or more marked traffic lanes. Here, bicyclists may ride as near to the left-hand curb or edge of such roadway as practicable. (ILCS 5/11-1505)

Cars Passing Bikes

Riding two abreast is permitted as long as the normal and reasonable movement of traffic is not impeded. Riding more than two abreast is prohibited except on paths or parts of roadways set aside for the exclusive use of bicycles. (ILCS 5/11-1505.1)



Leave three feet of space when passing a bicycle. It's the law!

Parental Responsibility

Illinois law states that a parent or guardian shall not knowingly permit a child to violate the laws governing bicycle use. (ILCS 5/11-1501)



Safety

Hand Signals

Signals shall be given from the left side as follows:

- Left turn** - hand and arm extended horizontally.
- Right turn** - hand and arm extended upward, except bicyclists may extend the right hand and arm horizontally and to the right side of the bicycle.
- Stop or Decrease of Speed** - hand and arm extended downward.

Signal not less than the last 100 feet before the turn, and while bicycle is stopped waiting to turn. Signals need not be given continuously if the hand is needed in the control of operation of the bicycle. (ILCS 5/11-806)



Be Predictable

Use eye contact to communicate with drivers. Signal your intentions.

Wear a Helmet

Your brain is worth protecting! Adjust for a level, snug fit.

1. EYES - should see helmet edge when you look up.
2. EARS - straps should form a "Y" just under your ears.
3. MOUTH - straps loose enough for a finger between buckle and jaw, but tight enough that the helmet pulls down on top of your head when you open your mouth wide.



Scanning Behind

Become proficient at looking over your shoulder without swerving. Consider getting a rearview mirror. Checking traffic in back of you can help you blend better with the flow of traffic.



B I K E

C O M M U T I N G



State of Illinois
Pat Quinn, Governor

Illinois State Police
Jonathon E. Monken, Director



Bike Safety

BICYCLES ARE FOR TRANSPORTATION TOO!

No Justification for Intimidation

Although bicyclists' traffic violations disturb and even anger some motorists, they are usually not the major causes of crashes with motor vehicles. Nonetheless, motorists have no right to intimidate bicyclists for riding in the road, where they have a legal right to be. Everyone gets where they're going safely when everyone shares the road and shows patience and courtesy.

See, Be Seen, and Be Heard

Use lights at night or in poor visibility. Flashing lights and reflective clothing are very effective. Use a horn or bell to be heard.



Typical Crashes Involving Child Bicyclists

Most are caused by the bicyclists, such as riding out of a residential driveway, alley or side street without first looking, failing to stop at stop signs or traffic lights, and making left turns without first looking over their shoulder for approaching traffic and signaling. With training, these crashes can be prevented.



Typical Crashes Involving Adult Bicyclists

Most are caused by motorists, such as failing to yield when making turns in front of bicyclists and failing to yield at stop signs and traffic lights. The exception: bicyclists riding against the flow of traffic. By sharing the road, observing traffic laws, and being patient and courteous, these crashes can be prevented by motorists and bicyclists.



Bike Safety Tips

1. Wear a helmet at all times.
2. Obey all traffic laws, signs, and signals.
3. Keep to the right side of the roadway.
4. Keep brakes, lights, reflectors, horn or bell, and all safety devices in good working condition.
5. Learn and use hand signals for turns and stops.
6. Follow the Rules of the Road, but ride defensively.
7. Avoid riding after dark. If you must ride after dark, the bike must have a headlight and taillight or reflector.
8. Do not speed, race, or weave in and out of traffic.
9. Do not carry passengers or large packages.
10. Never hitch on to a truck, car, or other moving vehicle.
11. Keep both hands on the handle bars, except to signal a turn or stop.
12. Be cautious and ride defensively.
13. If needed, dismount and walk the bike across dangerous intersections or streets.
14. Never squeeze into narrow places or between two vehicles.



Printed by the Authority of the State of Illinois
ISP Central Printing Section
Printed on Recycled Paper
ISP 5-35 (3/09) 50M
www.illinois.gov www.isp.state.il.us



Illinois State Police