

Bike Riders

No matter your age or how frequently you ride, when you get on a bike, safety needs to be your first concern.

Bicycling is a lot of fun, but it also comes with responsibilities. You can help make the road safer for yourself and others by following these important safety practices:

Wear a Helmet

Be Visible

Be Predictable

Stay Focused

Remember, roads are to be shared! Cyclists have the same rights as motorists, but also the same responsibilities.

A message from



WALK • RUN • RIDE • ROLL

Learn more at TalbotThrive.org/Safety

Wear a Helmet

Helmets are required for all riders under age 16 in the State of Maryland. They reduce serious head and brain injuries and should be used when riding any micromobility device including bikes, scooters, and skateboards! Find one that is comfortable, snug on your head, and doesn't rock from side to side.

Be Visible

Being highly visible helps drivers see you sooner, giving them more time to respond. Using headlights, taillights, bright clothing, and reflective gear, day or night, makes it easier for others to spot you on the roads. No dark clothing!

Be Predictable

Following traffic laws and using hand signals lets drivers know where you are headed. When there is no bike lane, cyclists are allowed to ride in the lane with traffic. Use hand signals to let cars know your next move so they can prepare in time to give you space.

Stay Focused

Don't let your phone, your cycling technology, or your ear buds (it's illegal to use two ear buds while riding in Maryland) take your attention away from riding. When you're alert and focused on what's around you, you're a safer rider.

Learn more at [TalbotThrive.org/safety](https://www.talbotthrive.org/safety)