

WEAR & FIT YOUR HELMET

STEP 1



HELMET SIZE:
Use a measuring tape and wrap around the person's forehead to determine the appropriate size helmet.

STEP 2



HELMET POSITION:
Your helmet should sit level and low on your forehead—about the width of two fingers above your eyebrows.

STEP 3



SIDE AND CHIN STRAPS:
Center the buckle under your chin. Tighten the chin strap as necessary to achieve a comfortable, secure fit. Adjust the side straps so they form a V-shape on each side, below

STEP 4



FINAL FITTING:
When adjusted, do the Eyes, Ears and Mouth test to check for a good fit:
• Eyes: You should see the very edge of your helmet when you look up past your eyebrows.
• Ears: The straps should meet right under your earlobes to form a "V".
• Mouth: The strap should be loose enough so you can breathe and insert a finger between the buckle and your skin, but not so tight that you cannot open your mouth.

BICYCLE SAFETY TIPS



Obey all traffic laws & lights

- Remember your bike on the road is just like a "vehicle".
- Make complete stops at red lights and stop signs, and proceed only when it is safe.



Watch for cars

- Always make eye contact with drivers.
- Never assume a driver sees you until you are sure that they do.



Don't ride against traffic

- To be most visible, ride with the flow of traffic.



Ride in the middle of the lane:

- When you're travelling at the same speed as motor vehicles.
- When the lane is too narrow for a car to safely pass you.



Watch for car doors

- Be careful not to swerve into traffic while avoiding an open door.



Choose the best way to turn left

- Ride through the intersection on the right side of the road.
- Stop near the curb and turn the bike to head in the right direction.
- Proceed with caution, obeying traffic controls, and merge back into traffic when it's safe.



Stay Alert

- Cross railroad tracks at a right angle so your tire won't get stuck.
- Keep a lookout for obstacles in your path.



Stay out of the blind spot

- Ride a little bit ahead of the vehicle so the person driving can see you, or
- Stay far enough back so if the vehicle turns right or stops, you'll be able to stop safely.



Use hand signals & Look again

- To let motorists or other bicyclists know what action or direction you intend to take.



Riding on sidewalks and multi-use paths

- Cyclists must yield to all pedestrians on sidewalks and those marked or unmarked crosswalks.
- Give a warning with a bell or your voice before overtaking pedestrians from behind.



Use caution when passing

- Pass slowed or stopped traffic on the right only when it's safe to do so.
- Be careful on overtaking cars.



Don't weave between parked cars

- Ride in a straight line along the side of parked cars.
- Cars may not see you when you move back into traffic.



Get the green light


- Most but not all of Santa Clara's traffic signals with sensors are marked for bikes.
- Stop on top of the small, white bicycle decals in the pavement at street intersections, indicating electronic detectors.



Stay visible


- Wear bright or reflective clothing.
- Use lights when biking at night or in low-light conditions.

KEEP YOUR BIKE



Lock your bike

- Remember to lock your bike to a designated bike rack with a good lock.
- Secure the wheels and seat with cable lock or security fasteners.
- Do not park your bike against a tree, or where it will block access for pedestrians.



Care for your bike

Every week:

- Check handle bars and saddle (seat) are tightly secured.
- Check tire air pressure and wheel quick releases.


Test the batteries on your bike lights and test the brakes.

Every month:

- Wipe your chain and lubricate with chain oil.
- Wipe the dirt from your rims.
- Check the tread on your tires and replace tires if needed.
- Check that brake pads are not touching tires and replace pads if they are worn out.
- Test the gears if they are shifting smoothly. Check for damaged or frayed gear and brake cables.

Every year:


- Take your bike to a bike mechanic for a thorough tune-up!



Register your bike

- Record your serial number - All new bicycles must have serial numbers stamped in their frames. City recommends registering your bike online: <https://project529.com/garage/>
- Keep this number in a safe place (ideally, with a photograph of your bicycle) should you need to report the bicycle stolen to the police.

ABOUT SANTA CLARA



CITY OF SANTA CLARA


Santa Clara is known as "The Mission City," and was founded in 1852. It has grown into an internationally diverse community of over 129,000 residents with employment base of about 106,750. With 19.3 square miles of tree-lined neighborhoods, thriving commercial and industrial centers, and 300 days of sunshine each year, Santa Clara is an ideal location for individuals, families and businesses. Santa Clara is home to an extraordinary array of high-tech companies, Santa Clara University, Mission College, California's Great America Theme Park, and Levi's® Stadium, home of the San Francisco 49ers.


The Bicycle & Pedestrian Advisory Committee (BPAC) was formed in 1991 to serve as an advisory body to the City Council on matters relative to modifying and/or expanding the City's recreational and commuter bicycling system. Its intent is to encourage recreational and commuter bicycling by promoting safe, convenient, well-designed facilities, and by evaluating local bicycle-related projects.

BPAC meetings are open to the public and held on the 4th Monday of January, March, June, August and October. Agendas are posted at the


Learn more about Santa Clara at www.santacalaraca.gov

To see this map online, visit www.santacalaraca.gov/mps







This free map is part of Santa Clara's effort to be a city where bicycling is integrated into daily life, providing an alternative and convenient transportation mode. The depicted bikeway information is advisory only. The City assumes no liability for any errors, omissions, or inaccuracies in the information of this map. Map users assume all risks as to the quality and accuracy of the map. Individuals should determine their own skill levels and physical abilities before riding a bike. Happy riding!



City of Santa Clara



Bicycle Map



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