

GENERAL BICYCLE SAFETY TIPS

- ✓ **Obey traffic laws** – Bicycles on the road have the same responsibilities as motor vehicles. Beyond that, use risk (probability and severity of a negative outcome) management when operating your bicycle.
- ✓ **Stop for/yield for pedestrians** – avoid colliding with pedestrians or other cyclists. Give warning by sounding the horn when necessary.
- ✓ **Never ride against traffic** – Motorists typically are not looking for bicyclists riding on the wrong side of the road.
- ✓ **Keep both hands available** – do not ride with other items (cell phone, Walkmans, etc.) while operating the bicycle. Use risk management when not able to.
- ✓ **Follow lane markings** – don't turn right from the left lane. Don't go straight in a lane marked "left turn only."
- ✓ **Look out for road hazards** – watch out for road hazards such as loose gravel, oil/other slicks, ice, sand, and types of debris.
- ✓ **Scan the road behind you** – learn to look back over your shoulder without losing your balance or swerving.
- ✓ **Keep both hands ready to brake** – you may not stop in time if you brake one-handed. Allow extra distance for stopping in the rain, since

- brakes are less efficient when wet.
- ✓ **Make eye contact with drivers** – assume that other drivers don't see you until you are sure they do. Eye contact is important with any driver that might pose a threat to your safety.
- ✓ **Use bicycle lights** – turn on a white headlight in front and a red rear light at hours of darkness and dusk.
- ✓ **Keep your bike in good repair** – adjust your bike to fit you and keep it working properly. Check brakes and tires regularly along with completing any routine maintenance.
- ✓ **Use hand signals** – signal as a matter of law, of courtesy, and for self-protection.

NAFA RULES FOR RIDING BICYCLES



Cyclists shall:

- ✓ Wear an CPSC/ASTM/SNELL approved helmet at all times while riding a bicycle with the chinstrap properly fastened under the chin.
- ✓ Bicyclists shall follow all laws pertaining to motorists when operating their bicycles on NAF Atsugi.
- ✓ Ride their bikes on the extreme left hand side of roadways with the flow of traffic.
- ✓ Walk their bicycles through the Main Gate pedestrian gate and when entering and/or exiting the base.

- ✓ Use extreme caution when riding on sidewalks. Motorists in the vicinity of sidewalks are looking for other motor vehicles and pedestrians – not bicyclists.
- ✓ Walk bikes in crosswalks.
- ✓ Utilize front and rear mounted lights when riding during the hours of dusk until dawn or when low visibility conditions exist.
- ✓ Not to exceed 30 KPH at any time.
- ✓ Wear light colored clothing at all times and reflective clothing at night or in periods of reduced visibility.

HAND SIGNAL REFRESHER:

Hand signals shall be given continuously, as long as it is safe to do so.

For left turns: either extend the left arm straight out to the side or right arm to the side and up.



For right turns: either extend the left arm to the side and up or extend the right arm straight out to the side.



For a Stop or a decrease in speed: extend the arm to the side and down.



HELMET TIPS:

Buy a helmet that bears a label saying it meets the CPSC, the Snell Memorial Foundation standard B 90, B 90S, N 94, or B 95; or the American Society for Testing and Materials (ASTM) standard F 1447 93 or F 1447 94.



Label Samples

Wear the helmet flat atop your head. Do not wear the helmet tilted back at an angle.

Do not wear other headgear under the bicycle helmet such as ball caps and watch caps.

Make sure the helmet fits snugly and does not obstruct your field of vision. Always wear the helmet with the chinstrap firmly buckled. To provide impact protection, make sure the chinstrap fits securely and the buckle stays fastened. No combination of twisting or pulling should remove the helmet from the head or loosen the buckle on the strap.

Do not use a helmet after it has been involved in an accident. Damage may not be visible to an untrained eye and even very small cracks in the helmet may greatly reduce a helmet's effectiveness in preventing injury. Either destroy the helmet and get a new one or have it inspected by the manufacturer.

GENERAL NAVY AND NAFA TRAFFIC SAFETY REQUIREMENTS

- ✓ **Pedestrians** – shall use crosswalks, paths, or sidewalks along roadways. At night, or in periods of reduced visibility, personnel are encouraged to wear brightly colored, fluorescent or other reflective garments when running, jogging, walking, or traveling near roadways.
- ✓ **Jogging/running** – personnel jogging/running on a roadway shall jog/run facing oncoming traffic, in single file, and obey traffic rules.
- ✓ **Skateboards, roller-skates, roller-blades** – while crossing at intersections all individuals must follow traffic control devices just as a motor vehicle.
- ✓ **Portable listening devices** – wearing portable listening devices (headphones, earphones, cellular hands free devices, iPods, or other listening devices) while running, jogging, walking, bicycling, skating, or skate boarding, on roadways and streets is prohibited. These devices are authorized only when running, jogging, or walking on sidewalks and jogging paths. When a member comes to a crosswalk the individual must remove their headphones until he/she has safely crossed.

SPECIAL JOGGER REQUIREMENTS

- ✓ Joggers are not to run more than 2 abreast unless in military formation, and then the formation will be limited to 3 abreast.
- ✓ Formation running on NAF Atsugi must have road guards forward and aft. These road guards must have high visibility reflective vests.
- ✓ Joggers are to run off the road and shoulders wherever possible. Where this is not possible, joggers may run on the shoulder as far off the road as possible.
- ✓ Joggers, whether individual or in formation, are to run on the side of the road facing the flow of traffic.
- ✓ Joggers are to observe quiet hours, 2200-0600. During these hours joggers shall not sing cadences while running through or near the housing area.

SPECIAL SKATE BOARD REQUIREMENTS

- ✓ While riding a skate board, kick-scooter, or using roller skates or roller blades an approved helmet, ANSI/SNELL/similar, must be worn and fastened.
- ✓ At night, riders must wear retro-reflective gear.
- ✓ Riding against the flow of traffic in the roadway is not authorized.



Navy Traffic Safety

Questions: contact the U.S. Naval Air Facility Atsugi Traffic Safety and POV SOFA Licensing Office at 264-3983/3794/3112.

