



Florida Sheriffs Association | Bike Safety Tips



Wear a properly fitted helmet and securely fasten the strap. A properly fitted helmet is the most effective way to prevent a head injury resulting from a bicycle crash.



All bicycle riders under the age of 16 are required by Florida Law to wear a helmet.



Make sure all equipment on the bicycle is in working order (tires, brakes, gears etc.).



Wear appropriate shoes, such as sneakers -- avoid wearing flip-flops or barefoot.



Wear bright clothing so you are visible to cars and pedestrians.



Never text and ride -- do not wear headphones so you are able to hear traffic and pedestrians.



Ride on the sidewalk when you can or use the bike lane. If not, ride in the same direction as traffic as far on the right-hand side as possible.



Ride with your children -- stay together until you feel your kids are ready to ride alone.



Use hand signals and follow the rules of the road -- be predictable and make sure to obey all traffic laws.



If riding between the hours of sunset and sunrise, Florida Law requires that the front of the bike be equipped with a headlight lamp which exhibits a white light visible for 500 feet, and the rear of the bike equipped with a taillight lamp and reflector visible for 600 feet.



If riding on the sidewalk or in a crosswalk, yield to pedestrians and give them an audible signal (such as, "passing on your left") before overtaking and passing them.

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