

MAJOR TAYLOR HOUSTON CYCLING CLUB

FIVE KEYS TO CYCLING SAFETY

Prevent the incident before it happens!!

1. Aim high in steering – head up, eyes up.

- If you are on the front, look ahead to scope out hazards and hazardous situations.
- If you see a potential hazard in advance, you may be able to avoid/prevent an incident by calling it out and pointing it out! Alert your fellow riders.

2. Get the big picture – see it before you do it.

- Safety *before* speed. Be smooth and predictable. Maintain situational awareness.
- Watch your spacing, hold your line and remain calm.

3. Keep your eyes moving – don't be surprised.

- Avoid fixed stares, tunnel vision and daydreaming.
- Focusing on an object for **two** or more seconds increases danger to yourself and to others because you are unaware of things coming from other directions.

4. Leave yourself an out – give them room.

- *Following distance: keep a half to a full wheel behind the wheel in front of you.*
- Do not overlap wheels. Avoid getting too close to others.
- Space cushioning provides a buffer and gives a way out to others who may be making bad decisions as well.

5. Make sure they see you – get noticed.

- Announce your presence.
- Do not assume that pedestrians, cyclists or motorists know that you are there.