

# Safety Check ✓

*From the Safety Chick*

## Gear

**Gear – we love it.** Gear makes our ride more comfortable. Gear makes us look better. Some gear makes riding safer. The following list includes a variety of items that contribute to a safe ride.

**Gloves** – Other than helmets gloves are the most used item of bicycle safety equipment. Gloves are available in a variety of styles. In case you fall, they will protect your hands. Gloves are padded to provide cushioning from compression stress.

**Eye protection** – To keep debris, bugs and rain out of your eyes, glasses are a great help. Using the appropriate color lens for the time of day and lighting conditions is important.

**Tires** – There are many styles of tires suited to all types of uses and riding conditions. Your local bike shop can determine the correct tread, material and style of tire for your use.

**Flags** – a variety of bike flag styles are available. On open roads and highways cyclists use white or bright colors flags attached to their back or the back of the bike. Recumbent bicyclists use flags attached to a tall pole to increase their visibility.

**Toe clips, clipless pedals and cleats** – To avoid your foot slipping off the pedal, riders use toe clips, clipless pedals and cleats to provide stability. Proper adjusting is important so riders efficiently position their foot or clip-in. Careful - don't cause an unsafe condition looking away from the road and down to check the position of your foot.

**Active lights** – If you ride near or after dark, lights will help you see where you are going. More importantly, they will help you to be seen. A flashing red, rear light, wheel reflectors and additional types of motion indicators all help to make you visible.

**Reflective materials** – These materials are great, when a car's headlights shine on the material. Caution -- They gain a driver's attention but not all drivers will immediately realize that you are a cyclist or exactly how far away/near you are to them.

One final, really important safety tool – **your brain.** The brain can protect the rider to avoid more injuries than any kind of gear. Don't let emotion take over, stay aware and ride safely.