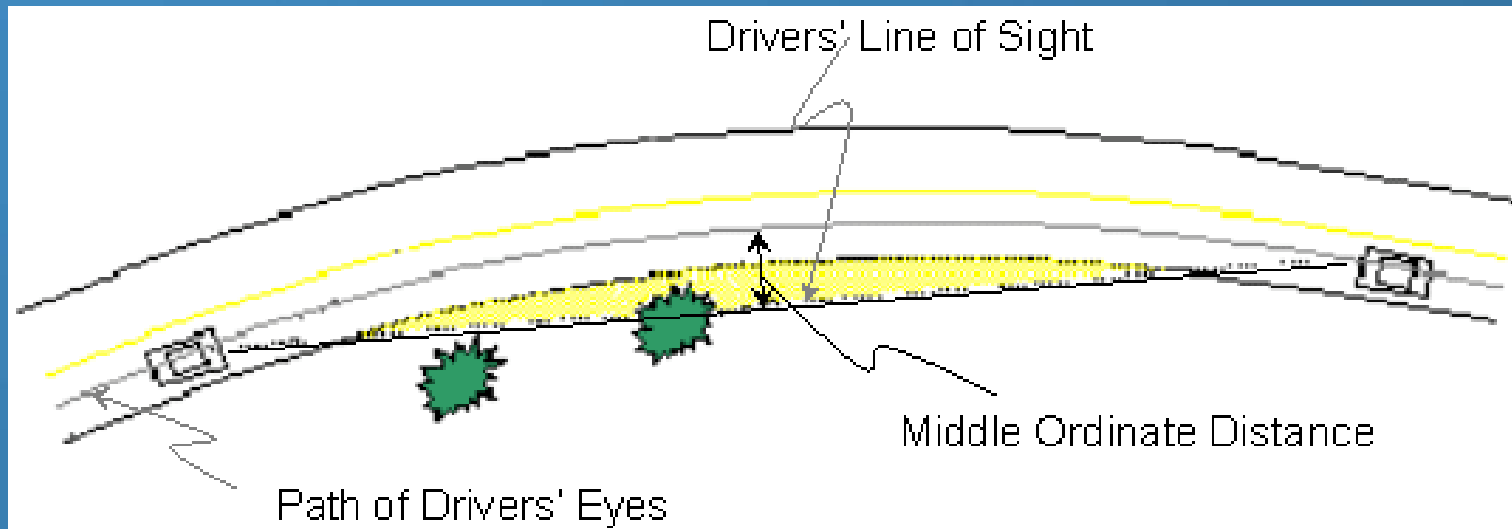


Planning a Safe Ride

- Try one of the Cue Sheets already on the SBRA website.
- Designing a ride on RidewithGPS.com, etc., is not enough. Ride the route to look for problems.
- Look the route over for traffic conditions, road hazards and visibility. Does the route minimize the number of left turns across traffic?
- Does the mileage match what you planned? Will the site of the rest stop be open?

Line of Sight

- Around corners.
- Over rises in rolling terrain.



Safety Briefing & Checklist (also provided on Sign-in Sheet for easy reference at ride start)

Pre-Ride Announcements and Checklist as printed on the sign in sheet.

- Riders should have water, spare tube or patch kit, tools and CO² or pump
- Helmets are required on all SBRA rides
- Riders should carry identification and emergency phone number
- Designate a Sweep for all non-paceline rides of more than a few riders
- Ride Leaders are not responsible for cyclists who ride ahead of the group
- Ask riders to inform the Ride Leader or Sweep before leaving the ride
- Riders must sign the sign-in sheet & the Ride Leader should carry it or a facsimile on the ride
- Stop for all red lights
- Ride single file. If someone calls "Car Back", ride as far to the right as safely possible.
- Do not block turn lanes or intersections
- Ride predictably, signal for turns, slowing or stopping
- Announce yourself when passing, "On your Left"
- Remember: Sharing the road applies to cyclists as well as to motorists. The way we behave as a group is a reflection on all cyclists

In addition, the following points should be stressed:

1. **Left turn** - Use extreme caution in executing left turns. Remember that you have a long line of riders behind you.
2. **Single file** - Riders must ride single file when being passed by another vehicle. Busy roads require single file riding. Riding two abreast is only permissible in low traffic areas and when prudent. Three abreast is illegal (in NYS) and unsafe, and should not be permitted at any time. If this occurs, the Ride Leader should enforce this safety issue.
3. **Announce hazards** - Call out and/or point out hazards and require the word to be passed back to all riders. This include **holes, blind curves, grates, potholes, sand, gravel, expansion joints, cars exiting side streets, cars waiting to make left turns**, etc. In areas where hazards cannot be pointed out the Ride Leader should instruct the group to allow more space between riders. This would include road where hazards are numerous or roads that require the rider's full attention to traverse.
4. **Carpe Viam** - Know how and when to take the lane and signal your intention.
This would include:
 - Roads that are too narrow to allow safe passage of bicycles and cars at the same time
 - Taking the left turn lane in traffic to make a left turn.
 - When road debris keeps the riders from riding to the extreme right (in effect narrowing the road).

Cycling Safety...the Hazards

- Motorists – Distracted with cell phones, Road Rage, etc.
- Road Conditions – Potholes, gaps in pavement, ice, slippery pavement.
- Other Cyclists – Not being aware of the position of other riders. Squirrely, weaving riders are a hazard to other riders. Encourage smooth, predictable riding.
- The Bicycle – Parts wear out and fail over time. Check over your bike before riding it. And encourage your riders to check their bikes, too.

How many things are wrong
in this picture?





Road stripes are slippery when wet -->



Cracks in the road can suck your wheel in, causing an accident



Ice forms from snow melt

Pot holes



Grates - can cause you to lose control

Road Hazards


The Squirrel



- Unable to ride in a straight line.
- Frequent large changes in cadence.
- Gets out of the saddle in the middle of a group.
- Accelerating or decelerating for no apparent reason when they get to the front.



Crank arms can break after stress →




← Pedal spindles take a lot of stress and can fail



Glass and debris can cut your tires, leading to flats →

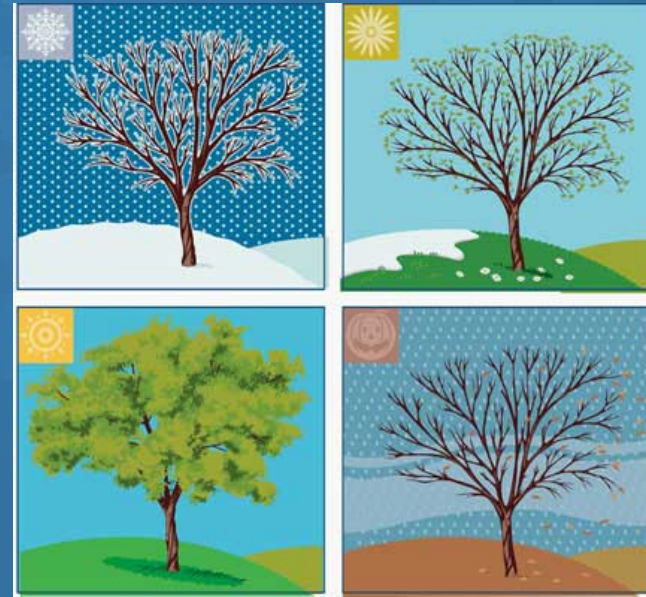
Equipment Issues - Stuff Breaks...



Even rims can fail over time →

Seasonal Considerations

- Winter – wind chill.
- Winter – ice from snow melt on roads.
- Summer – heat and humidity conditions – stay hydrated!
- Summer -> The Sun – bring the sun block and sunglasses.
- Fall – Wet leaves and pine needles are slippery.





Bicycling in New York

Frequently Asked Questions

[Bicycle Home](#)

[Safety & Education](#)

[Bicycle Maps](#)

[Commuting & Tourism](#)

[Bicycle Planning](#)

[Funding Sources for
Bicycle Facilities](#)

[FAQs](#)

[Contact Information](#)



Q. Which traffic laws apply to bicyclists?

A. The same laws that apply to motor vehicle operators, with some obvious exceptions and special rules, apply to cyclists. Most importantly, bicyclists must obey and are protected by the rules of the road (Section 1231)

Q. Does the law require a bicyclist to wear a helmet?

A. In New York State, all bicyclists under the age of 14 years old are required to wear safety certified bicycle helmets when they are operators or passengers on bicycles (Sec. 1238(5)). Children aged 1 to 4 must wear certified bicycle helmet and ride in specially designed child safety seats. Children under 1 are prohibited from being transported on a bicycle (Sec. 1238(1)(2)). Any parent or guardian who permits his or her child to violate the helmet law is subject to a fine of up to \$50 (Sec. 1238(3),(6)(a)).

Certain communities in New York have passed local ordinances regarding helmet use for bicyclists. For example, Rockland and Erie counties require everyone riding bicycles on county property, regardless of age, to wear approved bicycle helmets.

A helmet should fit squarely on top of the head in a level position and cover the top of the forehead, extending down to about an inch above the eyebrows. The helmet should not be able to slide back and forth on the head or rock from side to side. In the event of a crash, helmets should be replaced immediately, even if there is no apparent damage.

Q. Should bicyclists obey traffic lights and signs?

A. Bicyclists must obey all traffic lights and signs and must signal for turns whether riding on a roadway, a bike lane or shared-use pathway with pedestrians.

Q. May bicyclists ride side-by-side on the roadway?

A. Yes. They may ride two abreast on roadways, but they must ride single file when being overtaken by other vehicles. Bicyclists may not travel more than two abreast on a shoulder, bicycle lane or shared-use pathway intended for bicycle use even if there is sufficient space. However, they must be in single files when passing vehicles, pedestrians or other bicyclists (Sec 1234(b)).

Q. How should a bicyclist prepare for turns at intersections?

A. A bicyclist should use the same through or turning lanes as motorists. However, a bicyclist may choose to dismount and use the pedestrian crosswalk, especially in heavy traffic. After crossing at an intersection, a bicyclist should move to a usable right-hand shoulder or to the right side of the right hand lane.

A bicyclist should approach an intersection much in the same manner as you would in a motor vehicle. Prepare to stop at traffic lights and STOP signs and yield to any other traffic and pedestrians that have the right of way. If you are planning to make a left turn, position your bicycle in the center of the left turn lane where you will be the most visible to motorists. It's generally safer to "take the lane" so that you are not passed or overtaken until you are through the intersection. If there is more than one left-turn lane, use the one furthest to the right. After completing the left turn, move quickly to the right so that faster vehicles can pass.

Q. Where do I ride if there is no shoulder or bike lane and the travel lane is too narrow to share?

A. The best approach is to position yourself several feet out into the lane where motorists will see you and not be invited to squeeze by in the same lane. On narrower lanes, 10 feet or less, a bicyclist might actually "take the lane", i.e., by positioning themselves at or near the center of the lane. This enables them to be seen by overtaking vehicles and gives the message that the overtaking vehicle must move left to pass when it is safe to do so.

Q. Who has the right of way, a bicyclist or a pedestrian?

A. The pedestrian. Bicyclists like motorists, must yield the right of way to a pedestrian.

5. **Clear?** - Traffic conditions can change quickly. **Never callout "clear!"** Each rider is responsible for their own safety and must stay alert when traveling through an intersection. A "clear!" callout may cause a rider to relax their vigil.
6. **Protect your front wheel** - If you don't you will likely crash. **Never, never allow your front wheel to contact the rear wheel of the rider in front of you.** Never overlap your front wheel with the rear wheel of the rider in front of you.
7. **On your left** - All riders must announce "On your left" when passing another rider. Pass only on the left. **Never ride on the left shoulder of the road** (not even one way roads - drivers who are not used to one way roads will not expect any vehicle to be approaching from the left side of the road).
8. **Problem Riders** - Be prepared to tell problem riders that they are endangering the safety of the group and will be told to leave the ride if their behavior does not improve. Erratic and unsafe riding is not permitted on SBRA rides.
9. **Headphones** - Riders are prohibited from wearing any type of headphone device while on an SBRA ride. This is against New York State law. Violators of this law will be told to leave the ride.
10. **Aero Bars** - The use of "Aero" type handlebars are not permitted on SBRA rides. This is because the hand position does not permit quick access to the brakes and the ability to maneuver quickly is impaired. Violators of this rule will be told to leave the ride.

The Ride

1. **Start** - Start out easy by spinning the first few miles to allow the group to warm up. This allows riders to adapt to riding with each other and begins to establish the group spirit.
2. **Water Stop** - After the first few miles and at regular intervals thereafter have a water stop and check with your riders that all is okay. If a rider cannot handle the announced pace and terrain, you should provide instructions and if necessary assistance to assure their safe return to the start.
3. **Speed** - Maintain the posted average speed of your ride's classification. Don't be afraid to suggest that the "rabbits" go on ahead as individuals. The Ride Leader and Sweep must work together as a team, taking reasonable control to ensure that the group works together. Maintain group discipline.
4. **Regroup** - Regroup by temporarily slowing the pace or stopping when making a major turn. Stop if part of the group gets caught at a traffic light. Be patient. Maintain contact with all riders of your group. Avoid dropping any riders. Remember that this is a sport touring ride and not a race. When stopping, and at a rest stop make sure that all riders are safely off the road.
5. **Rest Stop** - Make your primary rest stop the focal point of your ride. Enjoy social interaction at the rest stop. Stops can vary depending on the mood of the group. Provide additional short water and rest room, stops on, longer and more strenuous rides. Generally the primary rest stops last about 20 to 30 minutes unless a special destination is planned requiring more time. Respect the environment by properly disposing of trash.

Mechanical Problems

Mechanical problems are the rider's responsibility, not the Ride Leader's. Minor repairs (flat, tires, etc.) can usually be fixed quickly while the group waits. Remember to clear the roadway. Major mechanical breakdowns may require a rider to find a nearby bicycle shop or to call for a ride home. The Ride Leader must use good judgment and provide advice to the disabled rider. Try to help the best you can without imposing a serious inconvenience on the group as a whole. Remember that we are all adults and a certain degree of self-sufficiency is expected of all riders.

Injuries

Minor injuries sustained on a ride can usually be attended to on the spot. Provide basic first aid as required. Clear the roadway and handle as any other stop. In the event of a major accident or injury, it is recommended that the Ride Leader call 911. The Ride Leader should utilize the pen/pencil & paper they brought with them to record appropriate information such as names of all witnesses, license plate numbers, police car number and/or medical assistance that responded. **Never leave a fallen rider** even if that rider is waiting for a ride home, even if they insists it is okay for you to leave.

Report all incidents to the **Safety Director, Ride Director, SBRA President and SBRA Statistician** [✉](#) at the end of the ride. Complete an **Incident Report Form** for all serious injuries.

Accident with Serious Injuries - Serious injuries are when Fallen Rider(s) are unable to continue the ride.

- 1. Traffic Control** - Quickly designate riders to signal traffic to slow and direct traffic around the accident scene. These riders should locate themselves well before the accident scene. Make sure they do this safely from off the road surface.
- 2. Protect Fallen Rider(s) from Traffic** - If Fallen Rider(s) are on the road surface position yourself between the Fallen Rider(s) and traffic, if this is possible without risking your own safety. You can use your bike as a barrier to make yourself more visible.
- 3. Crowd Control** - Direct other riders to get themselves and all bicycles off the road surface and away from fallen rider(s).
- 4. Call 911** - The most important information is location. Try to provide name of town as well as cross streets. If possible, give information about what happened and condition of the Fallen Rider(s). If no cell signal, go to a nearby residence or flag a motorist.
- 5. Attend to the Fallen Rider(s)** - If there is anyone who knows CPR or has more advanced training, they should take this role. If you don't have any training, just keep the Fallen Rider from further harm:
 - Don't move or allow the Fallen Rider to move head or trunk unless absolutely necessary (moving can contribute to paralysis if there is spinal injury).
 - Don't remove their helmet.
 - Don't give food or water.
 - If they are conscious, talk to them. Just make sure they don't nod or shake their head in response (don't allow them to move their head or neck).
 - Let them know help is on the way.
- 6. Notify** - Report serious injuries to the **Safety Director, Ride Director, SBRA President and SBRA Statistician** [✉](#) at the end of the ride. Complete an **Incident Report Form**.
- 7. Follow-up** - Contact the fallen rider and inquire how they are doing.

Get pictures of the accident scene.

Get contact information from witnesses.

An **Incident Report** form **must be completed immediately after an accident occurs** on an SBRA Ride and mailed to:

Suffolk Bicycle Riders Association

c/o Joe Matzelle
37 Franklin Street
Brentwood, NY 11717

[Click here to download the Incident Report Form \(PDF file\)](#) **NOTE: File updated 9/9/11**

PLEASE ALSO CALL: Bob DeVito at (631) 745-2282, or Joe Matzelle at (631) 273-3578, as soon as possible after the accident / ride.

Do not delay sending in the report form; an incomplete form is better than none at all. Although you may not have sufficient information to initially answer all the questions, it is important that the form be completed as fully as possible at the time of the accident. Please print as clearly as possible, it is important that others can read the form you submit.



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INCIDENT REPORTING INSTRUCTIONS

Whenever an Accident Occurs:

An Incident Report form must be completed immediately after an accident occurs and mailed to **Suffolk Bicycle Riders Association** as indicated below. This holds true whether the person involved is a participant or a spectator, or whether or not you feel the incident will result in a claim.

Although you may not have sufficient information to initially answer all questions, it is important that the form be completed as fully as possible at the time of the accident. Do not delay sending in the report form; an incomplete form is better than none at all. Be certain to include your name and daytime telephone number where indicated on the form.

The form contains sections to capture information regarding injury to persons, damage to property, and accidents involving autos.

Mail the completed Incident Report to:

Suffolk Bicycle Riders Association

c/o Joe Matzelle
37 Franklin Street
Brentwood, NY 11717

PLEASE CALL: Bob DeVito at (631) 745-2282, or Joe Matzelle at (631) 273-3578 as soon as possible after the accident / ride.



INCIDENT REPORT FORM FOR BODILY INJURY

AMERICAN SPECIALTY INSURANCE & RISK SERVICES, INC.
ATTN: CLAIMS DEPARTMENT
POST OFFICE BOX 459
ROANOKE, TN 46783
PHONE: 800-566-7941 FAX: 260-673-1291

Date of Incident: _____ Time of Incident: _____ AM / PM If injured person is an L.A.B. member, identify: L.A.B. Club Name: Suffolk Bicycle Riders Association Club Address: P.O. Box 404, St. James, NY 11780	Does the Injured Person Have Other Medical Insurance? Yes No If yes, please provide: Name of company: _____ Policy #: _____
--	---

Injured Person: Club Member Non-Member Participant Volunteer Pedestrian Other: _____ Was the injured person wearing a helmet at the time of the accident? Yes No Was the injured person riding: Tandem Bike Single Bike	Did This Take Place During: Club Ride Special Event Time Trial Race Conditioning Event Fundraiser If during a Special Event, list name of event: _____ Name of L.A.B. Club putting on the Special Event: _____
---	--

INJURED PERSON INFORMATION	
Last Name _____ First _____ Mid. _____	Telephone Number () _____ Single Married
Address _____ Social Security Number: _____	
City _____ Employer Name: _____	
Age _____ D.O.B. _____ Male Female	Employer Address: _____

GUARDIAN/PARENT (if injured person is a minor)	
Last Name _____ First _____ Mid. _____	Telephone Number () _____
Address _____ City _____ State _____ Zip _____	

SUSPECTED PRE-EXISTING CONDITION: Yes No

INCIDENT LOCATION	INCIDENT	WEATHER CONDITIONS
Off Road _____ City Street _____ Parking Lot _____ Highway _____ Registration Area _____ Rural Road _____ Restrooms/Locker Rooms _____ Off Property _____ Premises/Grounds _____ Rest Stop _____	Assault/Sexual _____ Assault/Non-Sexual _____ Fall (different level) _____ Fall (same level) _____ Caught in, on, between _____ Animal/Insect Bite/Sting _____ Collision (with parked car) _____ Collision (with moving car) _____ Collision (with object/animal) _____ Collision (participant/participant) _____ Collision (participant/pedestrian) _____ Struck by falling/flying object _____ Auto/property (also complete reverse side) _____	Sunny _____ Raining _____ Foggy _____ Snowing _____ Cloudy _____
RIDER ACTIVITY	OVEREXERTION	ROAD CONDITIONS
Turning right _____ Passing _____ Turning left _____ Intersection _____ Being passed _____ Straight _____	Eligibility _____ Trip/fall _____ Slip/fall _____ Slip, bodily reaction _____ Chased by dog _____ Bit by dog _____	Wet _____ Dry _____ Icy _____
CLASSIFICATION	BODY PARTY INJURED	ROAD TYPE
Minor injury or illness _____ Non-injury _____ Serious injury or illness _____	Torso _____ Arm (L/R) _____ Back _____ Tooth _____ Face _____ Head _____ Leg (L/R) _____ Ankle (L/R) _____ Hip (L/R) _____ Foot (L/R) _____ Hand (L/R) _____ Finger or Toe _____ Eye (L/R) _____ Nose _____ Neck _____ Ear (L/R) _____ Knee (L/R) _____ Internal _____ Shoulder (L/R) _____ Elbow (L/R) _____ Wrist (L/R) _____	Paved _____ Dirt _____ Gravel _____
PRIMARY INJURY	DISPOSITION	
Allergy _____ Dislocation _____ Nausea _____ Amputation _____ Electrical Shock _____ Stroke _____ Abrasion _____ Foreign Body _____ Burn _____ Laceration _____ Fracture _____ Death _____ Drowning _____ Heat Exhaustion _____ Pain _____ Hypertension _____ Sting/bite _____ Illness _____ Cold Injury _____ Confusion _____ Cardiac _____ Seizures _____ Concussion _____ Strain/Sprain _____ Tooth/Mouth _____	Released to parent _____ Police _____ Refusal of care _____ Ambulance _____ Refer to doctor _____ Report Only _____ Medical attention _____ EMS transport _____ Continued riding _____ Patient requested EMS transport _____ Released to personal vehicle _____ Refer to hospital/clinic _____	

DESCRIBE HOW THE INCIDENT OCCURRED:

WITNESS INFORMATION		
NAME	ADDRESS	TELEPHONE NUMBER
1. _____	_____	() _____
2. _____	_____	() _____

Signature of Ride Leader or Official (with no relationship to claimant) _____

Date _____ Phone Number _____