

## *The Fuller Center Bike Adventure Safety Pledge*

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*The Fuller Center Bicycle Adventure is all about having fun, experiencing new things, and raising awareness and funds for the work of the Fuller Center, but most importantly it's about arriving safely to every destination. Below is a safety pledge that outlines the safe riding practices we follow during the trip. **All riders** must follow the pledge to ensure a safer ride for themselves and the rest of the group!*

1. I will always ride defensively, maintaining awareness of riders, vehicles and pedestrians near me.
2. I will use common sense and courtesy toward motorists and other cyclists while I am on my bike.
3. I will ride single file when a vehicle is approaching from behind me.
4. On the road, I will ride as far to the right as practicable, except when making a left turn, or when going straight at a right turn only lane.
5. I will be vocal in calling out potentially hazardous situations to riders around me
  - a. I will call out "Car Back" to the rider in front of me and "Car Up" to those behind me.
  - b. I will point to road hazards and/or call out to riders behind me: "Gravel," "Hole," "Tracks."
  - c. I will call out my intentions to riders immediately behind me: "Slowing," "Stopping," "Turning." I will use traffic hand signals when appropriate.
  - d. I will call out to riders I am about to pass: "On Your Left." I will never pass on the right. I will be extra cautious when passing on a bike trail. I will never pass when going around sharp turns, blind spots, and when there are oncoming cyclists.
6. I will wear a helmet *every time* I ride my bike, even for 5 feet. I pledge to replace an impact-compromised helmet, and submit to fitting adjustments made by the Trip Leader during random helmet checks. I understand that these checks are to ensure that my helmet functions properly.
7. I will ride a taillight of 30+ lumens, with a flashing mode, that securely points toward traffic behind me. I understand that I might be assigned an FCBA taillight if mine doesn't meet these standards.
8. If I stop for any reason, I will get far off to the side of the road. I will remember to call out "Stopping".
9. I will not ride my bike after dark. If I have not made it to our destination by sunset, I understand that the van will pick me up, and I will not be able to complete that day's ride.
10. I will not wear headphones while riding my bike as they block out audible cues important for safety.
11. I acknowledge that riding in pace lines or tight groups increases the likelihood of an accident, and if I choose to ride in one anyway, I will limit the size of the group to 6 as to properly share the road with vehicles and reduce the risk of a bike-to-bike accident.
12. I understand that by law my bicycle is considered a vehicle, just like a car or truck, so I will follow all the same traffic rules as those driving motorized vehicles.
13. I understand that I will be asked to ride in the van and face other repercussions if I repeatedly and/or flagrantly violate this safety pledge.
14. I understand that I will be asked to leave the ride without refund or compensation if I continue to violate this safety pledge and endanger not only my life but the lives of other riders around me.

**I have read / fully understand the FCBA Safety Pledge, and agree to comply completely on this ride.**

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Printed Name

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Signature

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Date