

High School Top Ten Bike Safety Tips

1. Earbuds & Cell Phones: California Vehicle Code says bicyclists may only use one earbud and may not hold a phone while riding. (The same applies to drivers.)



2. Helmets: By law, bicyclists under 18 must wear a helmet. A properly worn helmet reduces the chance of head injury from a crash by nearly 70%. Make sure to get the right fit -- low on your forehead, level, and snug with the straps buckled. Helmets hanging from handlebars prevent zero injuries.

3. Ride in the Same Direction as Traffic Flow: Riding with the flow of traffic puts you where drivers are expecting you and are more likely to see you (especially at intersections). Wrong-way riding is the cause of many collisions.



4. Stop at Stop Signs and Be Alert at All Intersections: Stop at stop signs and red lights -- it's the law. Watch for drivers turning left or right in front of you. Be alert at *all* intersections, even when you don't have a stop sign.



5. Stay Out of the Door Zone: Ride in a *predictable straight line* about five feet to the left of parked cars. Weaving in and out of parked cars makes you less visible to drivers. "Sharrows" on the road show where a bicyclist should ride to be outside of the door zone.



6. Be Careful when Making Turns: Use hand signals to let others know your intent. For left turns, check over your left shoulder for vehicles and move into the travel lane when clear (shown by the red line) or do a two-stage turn (shown by the black line). If neither of these options feels comfortable, be a pedestrian and walk your bike in the crosswalk. Never turn left from the bike lane.



7. Pack Riding: Be courteous -- spread out and don't block the travel lane. Ride with no more than one person next to you. Be responsible for your own safety -- just because it was clear for the riders in front of you to go through an intersection doesn't mean it's clear for you.



8. Sidewalks, Paths, Tunnels & Overpasses: Riding on sidewalks, especially wrong-way, is legal but discouraged due to safety risks, and riding on sidewalks in the Cal Ave and Downtown Business Districts is prohibited. However, bicycles *are* allowed in either direction on all multi-use paths, and bicyclists are encouraged to ride on the recently constructed two-way multi-use paths on the south side of Arastradero near Fletcher and Gunn and on Louis and Amarillo near Ohlone. In tunnels and on overpasses, bicyclists should walk their bikes if others are present. Be courteous to pedestrians -- they have the right of way.



9. Lights, Locks, Bike Registration: Be prepared for night, evening, and rainy weather riding. By law you need a white front headlight and a red rear reflector (although a red rear light is recommended). Use a U-Lock to lock your bike every time you leave it. If possible, lock through the frame and wheel. If not, lock through the frame. Register your bike online with BikeIndex.org.



10. Have Fun: Riding with friends is a great way to start and end your school day!

For more information, please visit CityofPaloAlto.org/SafeRoutes or contact SafeRoutes@CityofPaloAlto.org.

Other Commute Options

Gunn

VTA Bus 88

- Stops at Gunn entrance on Arastradero
- Reduced-price bus passes are sold in the Student Activity Center or get a Clipper Card at clippercard.com
- View schedule at vta.org/routes/rt88



Note: VTA is changing the name of this route to 288 in the fall of 2019. Please check the VTA website for details.

PAUSD Bus

- Fee-based service for Los Altos Hills, Palo Alto Hills, and Stanford
- First come, first served
- pausd.org/student-services/transportation or call 329-3982

Find your Walk & Roll Map and everything you need to know about getting to Gunn at gunn.pausd.org/transportation.

Paly

VTA Bus 22

- Stops at three locations on El Camino
- Youth fares available
- Get a Clipper Card at clippercard.com
- View schedule at vta.org/routes/rt22



Free Shuttle

- The City's Free Embarcadero Shuttle and Stanford's Tech Line shuttle run up and down Embarcadero
- Tip: Walk, scooter, or carpool to the shuttle/bus
- Route and schedule information at paly.net/commuting-paly

Find your Walk & Roll Map and everything you need to know about getting to Paly at paly.net/commuting-paly.

More Resources

Gunn ReCycle Program: This program receives donated bicycles, hires mechanics to get them in shape to be ridden, and distributes them to any PAUSD student who needs a bike to get to school. If you need a bike, contact Karen Saxena (ksaxena@pausd.org).

Palo Alto 311: If you notice problems on your commute (potholes, debris in the roadway, tree limb down or parking blocking the bike lane, bike racks needed, etc.) use Palo Alto 311 (app or website) to report them. Visit CityofPaloAlto.org/311.



City of Palo Alto Safe Routes to School Website: Visit CityofPaloAlto.org/SafeRoutes for:

- Carpooling resources
- Educational information on safe walking and biking
- How to use new bicycle facilities (bike boxes, roundabouts, bike boulevards, etc.)
- Driver FAQs for sharing the road

*Report **all** collisions involving students to the Palo Alto Police Department at 650-329-2413, even if there are no injuries.*