

# WHAT'S YOUR CYCLE PLAN?

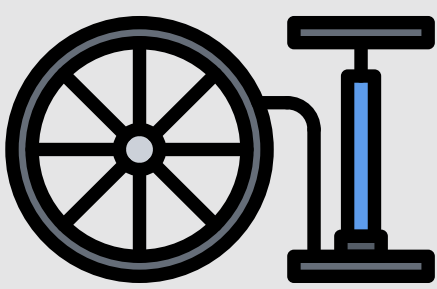
Before you leave for your biking adventure, consider these tips to enjoy your ride safely.



1

## KNOW YOUR ROUTE

Plan your route in advance and choose the safest route with bike facilities and slow speeds. Also, tell someone where you plan to ride and when you will return.



2

## CHECK YOUR EQUIPMENT

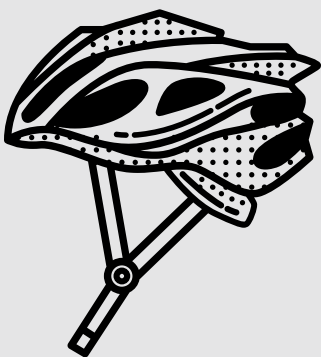
Choose a bike that fits you and you can ride comfortably. Before you leave, check the air in your tires, your brakes and overall functionality of your bike. Be aware of bike repair stations and if possible, carry your own repair kit.



3

## STAY HYDRATED

Biking in Florida requires staying hydrated. Bring your own water on your ride and ensure it is in a backpack or securely strapped to your bike.



4

## WEAR PROTECTIVE GEAR AND DITCH THE HEADPHONES

Stay safe and wear a bike helmet! Also, wear bright colored and reflective clothing. No matter the situation, do not wear headphones while biking, it prevents you from riding safely.



5

## AVOID RIDING AT NIGHT

The majority of fatal bicycle crashes occur between 6PM and 9PM. Avoid riding at night or before the sun rises. If you do ride when it is not daylight, ensure you use a front and rear bike light set.



6

## ASSUME ALL OTHER VEHICLES DO NOT SEE YOU

Ride defensively and assume all other vehicles do not see you. Assume that cars turning right do not see you before they turn, that parked cars could open their doors, and that cars from coming from driveways do not see you. Ride with caution and stay calm.

