

**Southern Pines Police Department**  
**Safety Tips**  
***Bicycle Safety - Share the Road***

More bicyclists than ever are hitting the road to enjoy the beauty of the Sandhills. Remember, as a bicyclist, you must follow the same rules of the road as the operator of a motor vehicle, obey traffic signs and signal your turns. You are also required to signal not only on a road, but also on bike paths or bike lanes. Bicyclists must stay to the right of the road but may move left into the roadway if no traffic will be impeded. The only time a bicyclist may move farther to the left into the traffic lane is to make a left turn or to avoid a hazard. Parents, remember that children less than forty (40) pounds or less than 40 inches in height must be seated in a separate restraining seat, as long as they can maintain an upright seated position. All other passengers must be seated in standard bicycle "saddle seats". All children under the age of 16 years old must be wearing an approved bike helmet. The parent faces a fine for allowing their children to ride a bike without a helmet. Bicycle riding can be a fun and enjoyable sport and a good way to exercise. Remember that the bicyclist has a responsibility too to operate safely and to use approved safety equipment. If out after dark, equip your bicycle with at least one white light visible from the front and an amber or red light visible from the rear. Take a few minutes to do a thorough inspection of your bicycle and check the tires, brakes, cables, lights and horn to make sure they all functioning properly. Also, purchase a quality lock system for your bicycle and make sure you lock it in a secure location when leaving it unattended. Write down the make, model and serial number of your bicycle so that, if it is ever stolen, the police can record that information and identify it if it is recovered. Have fun but be safe!

**Bike Safety for Children**

- Begin by choosing a properly fitting bicycle for each child -- not one to grow into. Children should be able to rest their feet on the ground when they are seated and have one-inch clearance between their body and the center bar of the bike. Handlebars should be within reach and brakes (hand and feet) easily operated.
- Maintain the bicycle in proper condition. A bicycle shop can help give tips for proper care and repair.
- Never let your children ride without an ANSI, ASTM or Snell-approved bicycle helmet. Set a good example by wearing your helmet when you ride. A good fitting bicycle helmet should sit on top of the head in a level position. The helmet should feel comfortable, but not be too tight or too loose; the helmet should not rock from side-to-side or back and forth.
- Help your children be seen. Bicycles should have reflectors on the sides and rear of the bicycle. Brightly-colored clothing and a fluorescent flag on a pole will also help them be seen during the day. Night bicycle riding is not recommended.
- Help your children be heard. A horn or a bell will alert others that your child is riding nearby.
- Don't allow your children to ride a bicycle until they can ride without wobbling, stop quickly without falling, and have been given bicycle safety instructions. NEVER allow children to ride double.
- Teach your children to obey all road signs and traffic signals; cyclists must follow the same rules that motor vehicles must follow. Children should walk their bicycles across busy intersections.
- Show your children the proper hand signals to use while on a bicycle -- left arm up in an "L" for turning right, straight out for turning left, and down for stopping.
- Place a bike basket or rack on your children's bicycles or give them a backpack so their hands are free to operate the bicycle.
- Participate in bicycle safety workshops, bicycle rodeos, and other community events that teach bicycle safety.

***Share the Road***

The great climate here in the Sandhills brings with it many more outdoor activities that motorists need to be aware of. Motorists share the road with bicyclists and motorcyclists on a routine basis. Additionally, joggers

and pedestrians are on the shoulders of the road as well as crossing at intersections. Motorists should be aware of their responsibility to share the road with other users and to drive with due care for the safety of all. Of course, a major way to accomplish this is to remain within the speed limit and follow all traffic laws. But remember, motorists must travel at a safe speed for the conditions, even if that is below the actual limit.

Are you a bicyclist or motorcyclist? If so, remember that you, too, must follow all the applicable traffic laws and must take care not to create an unsafe situation. Pedestrians have the right of way in a cross-walk and all traffic must yield appropriately. Now is a great time to remind the young people in your family to wear a helmet while riding a bicycle, skateboard or in-line skates. While it is a law for those under 16 years old, why not set a good example and wear one yourself? In doing so you will model the safety behavior you want to see for your children or grandchildren and protect yourself at the same time.

### ***Town Ordinance***

Remember, it is against the law in Southern Pines to ride a bicycle on the sidewalk or walkway unless the rider is ten (10) years of age or less and is under the immediate supervision of an accompanying adult who is on foot. Bicyclists riding on sidewalks or walkways must comply with all requirements for operation that apply to operation on the street. Also, it is against the law to skateboard or rollerblade in any business district in the Town of Southern Pines.

**For more information or a presentation on this topic, contact the Community Services Coordinator at (910) 692-2732.**