

BICYCLE SAFETY GUIDELINES

Bicycles are a popular and convenient way to get around campus. They're faster than walking, easy to park, and environmentally friendly. However, bicyclists face potentially dangerous situations every day that can lead to serious injury or even death. Just as with motor vehicle accidents, bicycle riders have the ability to avoid most accidents. Riders who practice defensive riding, use proper equipment, and follow the rules of the road are far less likely to experience a bicycle accident.

Safety Gear

Bicycle accidents can be very serious. Falls or impacts with motor vehicles or other objects, can lead to minor injuries such as cuts, and far more serious injuries, including broken bones and head injuries. Wearing proper safety gear and having the right equipment is critical each time you ride.

When riding a bicycle for University Enterprises, Inc. (UEI) business, you are required to wear and use the following basic safety gear:

- **Helmet:** A helmet is highly effective in preventing head injuries when worn properly. Ensure the helmet is the correct size and fit. When riding, the helmet must be properly fastened at all times. If you are involved in a collision while wearing a helmet, it should be inspected and replaced if it's damaged in any way.
- **Reflective Vest:** During darkness, bicyclists should wear a reflective vest, which makes you visible to drivers and other bicycle riders. Although it can also be important during the day, reflective clothing at night is imperative for your safety.
- **Shoes:** Wear appropriate footwear, e.g., shoes with closed toes and heels. No flip flops or sandals, please.

Equipment

In addition to safety gear, your bicycle is your next line of defense. California law outlines many bicycle requirements, which are available from the in the [California State Driver Handbook](#). At a minimum, consider the following required and recommended safety equipment and practices:

- **Bicycle Reflector:** Effective January 1, 2016, bicycles operated during darkness must be equipped with a red reflector or a solid or flashing red light with a built-in reflector on the rear, (California Vehicle Code [CVC] §21201), visible from a distance of 300 feet.
- **Lights:** A front headlamp is required at night, emitting a white light visible from a distance of 300 feet.
- **Rearview Mirror:** A mirror, affixed to your handle bar or helmet, gives you almost 360 degree visibility without requiring you to take your eyes off the road.
- **Brakes and Tires:** Both should be visually inspected before each ride and inspected periodically by a trained technician. Brakes that are no longer effective for quick stops and tires that are bald must be replaced.
- **Other Reflectors:** A white or yellow reflector attached to each pedal or to the bicyclist's shoes or ankles, can provide visibility from a distance of 200 feet.

Guidelines for Using Bicycles on Campus and on Other Roadways

- Obey posted signage and traffic lights, and ride slowly. In California, bicycles must follow the same rules as vehicles when on roadways.
- Signal when changing lanes or turning. Using hand signals allows drivers to know what you're planning to do and to drive accordingly.
- Yield to pedestrians.
- Allow faster traffic to pass when safe.
- Stays visible, e.g., never weave between parked vehicles.
- Ride single file when riding with a group of bicyclists.
- Ride as close to the right curb or edge of the roadway as possible—not on the sidewalk.
- Make left and right turns in the same way drivers do, i.e., using the same turn lanes. If a bicyclist is traveling straight ahead, he or she should use a through traffic lane rather than ride next to the curb and blocking traffic making right turns.
- Carry identification.
- No iPod or other music player should be used when riding a bike. Riding with both ears covered is against the law. Many riders choose to ride with one ear covered, which is also unsafe, as your ability to hear and respond to sounds on that side is limited.
- Don't drink and ride. It's unlawful to ride while under the influence.
- No person may bike in the following identified areas on the Sac State Campus:
 - On any designated, prohibited areas (see [Pedestrian Zone Map](#))
 - Within any building
 - On any stairs, ramps, or landings
 - On or within any parking facility

See Sac State's complete bicycle [policy](#).

Bicycle Parking and Security

- Bicycles must be parked using designated racks or at one of the three bike compounds on campus: adjacent to the Guy West Bridge, at Moraga Way and Sinclair Road, and between Benicia Hall and the Academic Information Resources Center (AIRC). All compounds are lighted after dark and are free. The Sacramento Police Department's community services officers staff the bicycle compounds during the fall and spring semesters from 8:00 a.m. to 10:00 p.m., Monday through Thursday, and 8:00 a.m. to 5:00 p.m. on Friday. Bicycle lockers are available for rent through ASI Peak Adventures at (916) 278-6321.
- When not in use, bicycles should be locked to a bicycle rack at all times with a hardened metal U-type lock.
- Bicycles secured to poles, trees, rails, or other objects not intended for that purpose, will be removed and stored at the owner's expense.

Bicycle Repair

The Peak Adventures bike shop is conveniently located at The Well on campus. For information, call (916) 278-6662.