

We take safety seriously and ask that you do too. Please become familiar with the AIDS/LifeCycle Safety Pillars below – they are guidelines to help you stay safe while riding alone or in a group.

1. Rules of the Road

These are the basic rules that each Cyclist must follow:

- Obey all traffic signals!
- Make a full ALC Stop at stop signs and appropriate traffic signals
- Always wear your helmet [properly fit]
- Do not ride while under the influence of drugs or alcohol
- No electronics while riding



2. Individual Safety

These practices will help keep you safe while riding:

- Ride predictably
- Ride with at least one hand on handle bars at all times
- Stay alert and assume cars cannot see you
- Stay hydrated and fueled
- No earphones while on your bike



3. Group Safety

Help protect those around you with these guidelines:

- Pass safely [on left/call out/look over shoulder]
- Ride single file [spacing/lane placement]
- Use hand signals [turning/slowing/stopping]
- Call and point out hazards
- Take care of one another



4. How to Respond to an Incident

In the event of a serious incident, follow these steps:

- If an accident occurs that needs medical attention, call 911 immediately
- Do not move an injured person
- Direct traffic around the scene
- Stay until help arrives and notify a Ride Leader or AIDS/LifeCycle staff member



AIDS/LifeCycle is a diverse community, riding through a variety of neighborhoods. Please be thoughtful in your actions and treat those you encounter with kindness.