



Get outside! Exercise, fresh air, and sunshine are important for maintaining good health. However, before you do so, please heed the recommendations of public health officials to prevent the spread of the virus.

Ride Solo - Ride alone or with people you already live with. Give others as much space as you can.

Carry Everything - Make sure you have everything you need (food, water, & sanitary items).

Wash Your Hands - Clean your hands before, during, & after the ride. Bring antibacterial with you!

Can't Stop, Won't Stop - Avoid making unnecessary stops.

Ride at Off-Peak Times - Try to avoid other riders, especially on trails. Do what you can to ride in less-popular locations.

Reduce Your Risk - Medical support services are stressed: be mindful of risks and take extra precautions. Small towns and remote areas are at a much higher risk at this time with delayed access to re-supply and medical support.

Stay Home - If you're feeling unwell, don't go out.

As Always, Be Sure to Follow Proper Cycling Safety Guidelines

Safety Tips

1. Dress "Bright and Tight": Use hi-vis clothing, reflectors, and lights to increase visibility. Avoid loose-fitting clothing, tuck in shoelaces, and roll up pant cuffs.
2. Before departing, conduct an "ABC Quick Check" for Air (check tire sidewall for recommended pressure), Brakes (check front and back), and Chain (keep it clean & lubricated).
3. Always wear a helmet, and be sure it properly fits low & level.

Rules of the Road

1. Always ride WITH traffic on the right side of the road.
2. You can take possession of a travel lane to set up for a left turn, pass a vehicle, or avoid an unsafe situation.
3. Follow ALL traffic signs and signals, and yield to pedestrians. Remember: you are a vehicle, too!
4. Be alert, be careful, and be predictable!
5. Drivers slow down and pay extra attention as more people are out walking and biking. Go ride!

Visit bikemaine.org/resources for additional info on bike basics, maintenance, laws, & safety tips!