

Share the road.

Two wheels or four, we can all travel safely together.



Know your road signs.

Road signs communicate essential information for protecting all road users.



Yield to Cyclists.

Unless making a right turn, motorists should not drive in a bike lane. Watch for approaching cyclists; drivers must yield to them. Never speed up and cut off a cyclist to make a right turn.



Bike Boxes.

Cyclists wait here in front of cars at a red light and may proceed *first* at a green light. Drivers must stop behind the bike box. Cyclists should be at right, left or centre of the box, depending on the direction of travel. Right turns on red lights are not allowed at bike boxes.



Bike Lane.

Indicates the lane is reserved for bicycles only. It is illegal for motorists to drive or park in a bike lane. Motorists may cross over into the bike lane when making a right turn.



Contra-Flow Lanes.

Allows cyclists to travel in both directions on one-way streets when marked.



Sharrows.

Indicates a lane that can be shared by both cyclists and motorists. Drivers must leave at least a one-metre distance when passing.

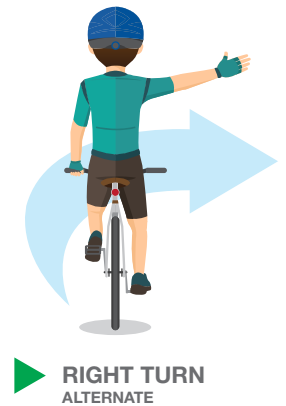
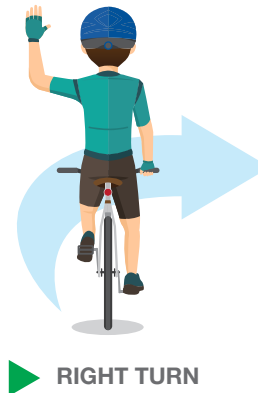
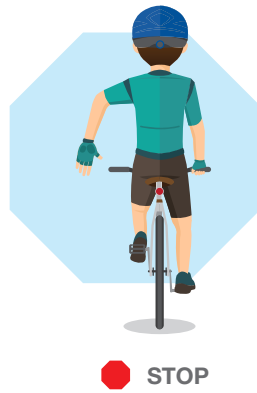
For more information, visit caasco.com/cyclingsafety.



Know your hand signals.

Cyclists, learn how to signal your intentions before turns and lane changes.

Drivers, be aware of cyclists around you, and anticipate their movements.



Cyclists: Helmet Safety.

Protect yourself.

It's the law: By law, every cyclist under the age of 18 must wear an approved helmet. **Riders under 16 years old:** a parent or guardian must make sure their child wears a helmet.

To find out how to buy the proper helmet, visit caa.ca/bike/choosing-a-helmet.



For more information, visit caasco.com/cyclingsafety.



We've been working to keep Ontario roads safe for over 115 years.



CAA began in 1903, with a mission to help keep Ontario roads safe for everyone. As more Ontarians rely on both cars and bikes to get to their destinations, sharing the road has become increasingly important. In Ontario, there are tough penalties for those who do not follow the rules of the road, yet many remain unaware of what these rules are. Whether you're on two wheels or four, getting to know the tips and best practices in this booklet can help reduce injuries on our roads. Let's work together to help make Ontario a safer place.

Cyclists: Sharing the road safely.

Be aware.

Pay attention and make eye contact. Avoid using headphones or mobile devices when riding. Be courteous to others.

Ride with traffic.

It's the law: You must ride in the same direction as the traffic flow. Riding against traffic is one of the leading cause of car-bike collisions. The only exception to this law is marked contraflow bike lanes.

Keep a safe distance.

It's the law: Drivers of motor vehicles must keep at least a one-metre distance between cyclists. Cyclists, be sure to leave enough space for everyone to manoeuvre safely.

Be visible.

It's the law: Install a white or amber light on the front of your bike, and a flashing red light or reflector at the rear. Use white reflectors on your front forks and red reflectors on your seat stays (rear forks) **Fine: \$110.** Turn on your bike lights in low-visibility situations – half an hour before sunset and half an hour after sunrise, when it's dark, foggy or cloudy. Wear bright or reflective clothing for added visibility.

Be heard.

It's the law: Have a bell or horn attached and in good working order. **Fine: \$110.** Use your bell to announce yourself to fellow riders and other road users.

Be predictable.

Signal your intentions and obey traffic signals and signs.

Do right hand turns, right.

Keep to the far right of the road before and after you turn. Watch for pedestrians prior to turning – they have the right-of-way. Obey traffic signals and stop signs before turning. At pedestrian crossovers, wait for pedestrians to cross and reach the sidewalk before proceeding.

Ride bike paths respectfully.

Ride slowly on shared bike paths; use your bell to signal when approaching pedestrians or other cyclists from behind. Yield to pedestrians, and stop at intersections.

Know your roads.

Cyclists can ride on most roadways and on the paved shoulders of rural highways.

Bicycles and E-bikes are not permitted on controlled-access highways, such as 400 series highways, the Queen Elizabeth Way, and the Kitchener-Waterloo Expressway. In addition, E-Bikes are not allowed on municipal roads, sidewalks, bike paths, bike trails, or bike lanes where e-bikes are prohibited. Check local by-laws in your community.

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Drivers: sharing the road safely.

Be aware.

Pay attention and make eye contact with other road users. Avoid using headphones or mobile devices when driving. Be courteous to others. **Driving distracted results in a minimum \$615 fine and 3 demerit points.**

Keep a safe distance.

It's the law: Leave a one-metre distance between you and cyclists.
Fine: \$110.

Use your seat belt correctly.

It's the law: Fine: \$200.

Be predictable.

Use your turn signal to indicate your intentions and obey traffic signals and signs.

Don't open your door into traffic.

It's the law: "Dooring" is an illegal offence.
Fine: \$365 and 3 demerit points upon conviction.

Opening a door from a parked or stopped vehicle into the path of a cyclist or other traffic is called "dooring."

Do the Dutch Reach.

Avoid a "dooring" situation by using the hand farthest from the car door to open your door. This will cause you to pivot so that you can check your blind spot for cyclists and oncoming traffic before opening your door.

Watch for bikes.

To remind drivers to stay alert, CAA distributes *Watch for Bikes* decals at CAA Stores across Ontario. Affix the decal on your side mirrors as a reminder to watch for bikes before changing lanes or opening your door.

Drivers & Cyclists: sharing the road with larger vehicles & pedestrians.

School Buses

It's the law: Stop for a stopped school bus with flashing red lights and stop-arm extended. **Fine: \$400 - \$2,000.** If you are behind a school bus, you must stop at least 20 metres away. Do not proceed until the bus moves or the red signal lights have stopped flashing and the stop-arm is lifted.

Public Transit Buses & Trucks.

Buses and trucks have wider blind spot areas including directly in front, directly behind and along each side – especially on the right side. Cyclists should never share a lane with them and should attempt to stop well behind them at intersections, even if you are in a bike lane. Large vehicles make wide right turns and are unable to stop or manoeuvre quickly. To stay safe and visible, avoid riding in blind spots and stay well ahead of or well behind these vehicles.

Pedestrian Crossings.

It's the law: Drivers – including cyclists – must stop and yield the whole roadway at pedestrian crossovers, school crossings and other locations where there is a crossing guard. Drivers and cyclists must also stop and yield the designated portion of a roadway at pedestrian crosswalks. **Fine: up to \$1,000 and 4 demerit points.** It is only safe to proceed when pedestrians and school crossing guards have crossed and are safely on the sidewalk.

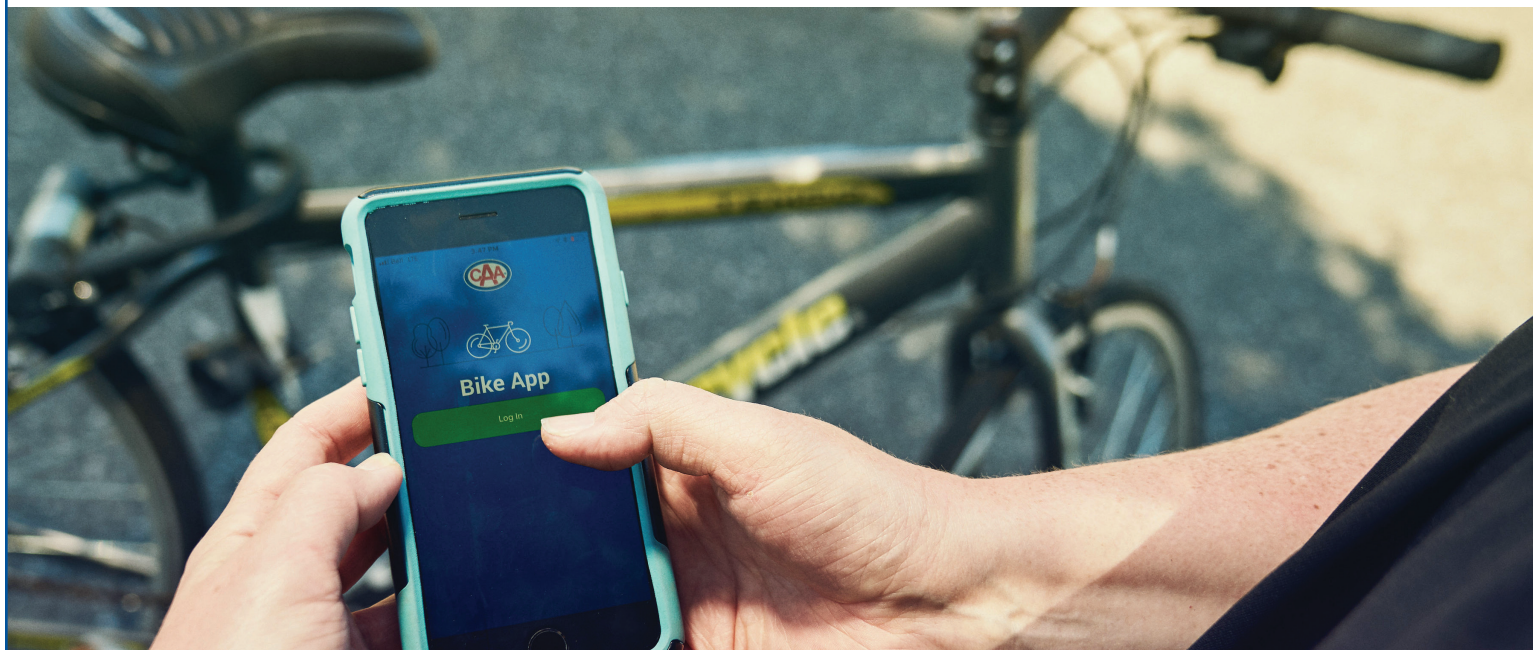
Streetcars.

It's the law: You must pass streetcars on the right. When streetcars stop for passengers, cyclists and drivers must stop two metres behind the rear door until all passengers have boarded and disembarked.
Fine: \$85-\$150.

For more information, visit caasco.com/cyclingsafety.



CAA Bike Assist™ gears up when your bike breaks down.



Bike Assist™

Your CAA Membership includes Roadside Assistance for your bicycle.

If you ever run into a problem, give us a call. If your bike can't be fixed on the spot, CAA will transport you and your bicycle to wherever you need to go, 24 hours a day, 7 days a week.

For more details, visit caasco.com/bikeassist.*

*Bike Assist counts as one of your allotted roadside calls during your membership year. Service will be provided to cyclists where there is permitted vehicle access, and based on seasonal availability.

For more information, visit caasco.com/cyclingsafety.

