

Maintenance

To keep your bike running safely and smoothly, check the following on a regular basis:

- Tires and spokes
- Handlebars and frame
- Brakes
- Lights and reflectors
- Chain

Helmet Tips

- Replace any helmet that has been involved in a crash or is damaged.
- Buy a helmet that fits your head now, not a helmet to “grow into.”
- Replace any helmet that has been outgrown.
- The helmet should be comfortable. If it feels small, put in the thinner sizing pads or purchase a larger helmet. Ideally, select a helmet brand and size that fits well prior to any adjustments.
- The helmet must cover your forehead and the chin strap must be tight and properly adjusted.
- The helmet should not rock forward or backward on your head.



The Division of Police is Internationally Accredited.

Henrico County Division of Police
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Henrico, VA 23273-0775

Emergency: 911
Non-emergency: (804) 501- 5000
www.henricopolice.org

Colonel D. A. Middleton
Chief of Police



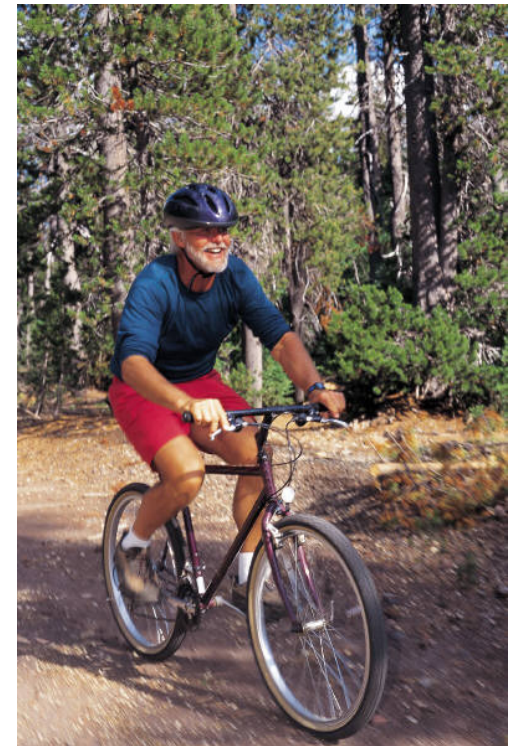
Proud of our progress;
Excited about our future.

The County of Henrico does not discriminate on the basis of race, color, religion, sex, national origin, age, or disability.

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*Safety Tips for a Safe Ride
Share the Road*



Henrico County
Division of Police

Bicycle Safety

Your bicycle is like a car. You have the same rights and duties as that of a car owner. These rights and duties include being a safe, defensive bicycle operator. As a bicyclist, you must follow the laws, be visible, and let other cyclists and motorists know what you are going to do. Learn to share the road with cars, buses, motorcycles, mopeds, and trucks.

Always:

- Obey all traffic control devices and use proper hand signals.
- Yield the right-of-way to pedestrians.
- Ride with the flow of traffic, not facing it.
- Dress safely - wear a helmet and bright colored clothing; secure loose pant legs. At night wear reflective clothing and apply reflective tape to your bicycle.
- Be aware of motor vehicle blind spots while riding or when stopped at an intersection.
- Walk your bicycle when you get into traffic situations beyond your cycling abilities.

- Park your bicycle so you do not block sidewalks, handicap and building accesses or emergency drives.
- Lock your bicycle - secure both wheels and the frame to a stationary object using a sturdy lock.

Never:

- Carry passengers or packages which may block your vision.
- Ride between parked cars.
- Ride at night without using a headlight and reflectors.
- Ride a bike across a busy intersection.
- Ride a bike on Interstate highways.
- Wear earphones in both ears while riding a bicycle.
- Operate a bicycle while under the influence of alcohol or drugs.

Hand Signals

Proper hand signals, shown to the right, should be used whenever possible. However, signals do not have to be given continuously if both hands are needed to control the bicycle.



Left turn



Hold left arm straight out.



Right turn



Bend your left arm at 90 degree angle with your fingers pointing upward



Stop



Hold left arm straight down by your side.