

# Class 2 - Any Ride, Streets or Paths

- Some skills are the same wherever you ride.
- Looking Ahead
- Yielding - Starts, Stops, and Intersections
  - You probably know these already (from car driving)
  - Want to emphasize they apply to bikes too
  - Using them will increase your safety.
  - Soon, paths may seem more dangerous than streets, because path users don't apply basic traffic principles.
- Riding with Others
- Drill: Riding one-handed

# Looking Ahead

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- Just like Driving.
  - Remember when you were first driving, and how things surprised you.
  - As you grew more experienced, you see things further out and react to motion in your peripheral vision
- Look up the road and around corners
  - Realize you'll see things bad enough to affect you out a bit further. Examine those things more as you get closer.
  - Try to look 5 seconds ahead. And when things are comfortable, try to look further. Check yourself - pick out an object and count how long it takes to get there.
- Avoid target fixation.
  - When you identify a hazard, don't continue to stare at it.
  - As soon as possible, find the line you want to take, and concentrate more on that.
  - Small adjustments early, not large swerves at the last minute.
  - In skiing, they say "Don't look at the trees, look between the trees."

# Yielding when Starting

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- Basic Principle: First Come, First Served.
  - Each driver is entitled to reasonable space, including stopping distance.
  - Drivers who want to use this space must first yield to the vehicle now using it.
- Method
  - Look for people using the space you want to occupy (cars, bikes, walkers, rollerbladers, dogs, ... whomever)
  - Signal, if needed
  - Then move into your new "reasonable" space.
- When to use
  - Entering the roadway - side street, driveway, etc.
  - Stopped on the side of the road - look back before starting.

# Yielding at Intersections

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- Basic Principle: Drivers on less important roads yield to traffic on more important roads.
  - Yielding means proceeding *only* when it is safe to do so.
- Stop signs and Stop Lights
  - Stop, then Yield
- Other intersection rules also apply
  - Four-way stop
  - Uncontrolled intersections
- Right of Way
  - Don't let a car give it away.
    - They can cause accidents by interrupting normal flow of traffic. Don't forget you're the vulnerable one.
    - Causes you to develop bad traffic habits.

# Riding with Others

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- Take responsibility for others
  - Ride a steady line.
    - This can mean running over small obstacles if necessary.
  - Signal before turning or slowing.
  - Point out or call out obstacles.
    - Don't point unless comfortable taking a hand off the handlebars.
- Take responsibility for yourself.
  - Don't follow too closely (draft) someone until:
    - You are skilled and you know they are too.
    - You tell them you are there. If they're uncomfortable, don't
    - It's the person in back who usually gets hurt.
  - Beware of overlapping your front wheel with someone's rear wheel!

# Drill: Riding One-Handed

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- Everyone can ride one-handed to some extent, but the ability to do this comfortably is an important safety skill.
- Reasons:
  - Making Turn and Stop hand signals.
  - Pointing out obstacles
  - Moving hand positions on handlebars
  - Getting water bottle or food.
  - Looking behind you. (next week)
- Tips:
  - Move hand towards the center of the handlebar.
  - Imagine weight sitting on saddle, not weight on hands
- Practice
  - Hold handlebar lightly (not light grip)
  - Question: relaxed, yet ready grip, not relaxed grip. (would this work as a drill?)