

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

- 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

- 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

- 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

- 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

- 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?)