

Be safe during Bike Month

It's a great time of the year for it to be Bike Month, and that's the case until June 30.

With the sunny skies, warmer temperatures and picturesque landscape of Caledon, it's time to pull out the bicycle from storage if that has not already happened. But before doing so, Caledon OPP wants cyclists to make sure they review these safety tips before heading out for a ride:

? Avoid distractions when cycling, such as listening to music using headphones or ear buds, or using a cell phone. Pay attention and keep your eyes on the road.

? Check the weather conditions before you head out.

? Ride in the direction of traffic.

? Beware of parked cars pulling out or opening doors.

? Plan a safe route to your destination and back ? Studies have shown that cycle tracks, bike lanes, and bike paths are safer for cyclists, as are routes that have low traffic volumes like residential streets. If possible, avoid cycling on busy roads, major streets and highways. Also, choose routes with lower speed limits.

? Avoid cycling after dark on routes without streetlights if possible ? Evidence has shown that riding routes without streetlights, after dark, increases one's risk of injury.

Use Safety Equipment

? Wear reflective and bright clothing.

? Use lights after dark ? A bike must have a white front light and a red light to the rear or reflector if it's ridden 30 minutes before sunset and 30 minutes before sunrise, and white reflective tape on the front forks and red reflective tape on the rear forks. The failure to do so may result in a \$110 fine.

? Wear a helmet ? By law, every cyclist younger than 18 must wear an approved helmet. The fine for not doing so is \$110.

? Use a bell or a horn ? A bicycle must be equipped with a bell or a horn in proper working order. If you do not have one, the fine is \$110.