



Bike Safety and Advocacy

Central New Hampshire Bike Coalition

Outline

WHAT WE'LL DISCUSS

- What is CNHBC?
- Safety Basics
- What to do in a Crash
- Current Danger to Cyclists
- Share the Road: Current Bicycle Laws
- How you can help



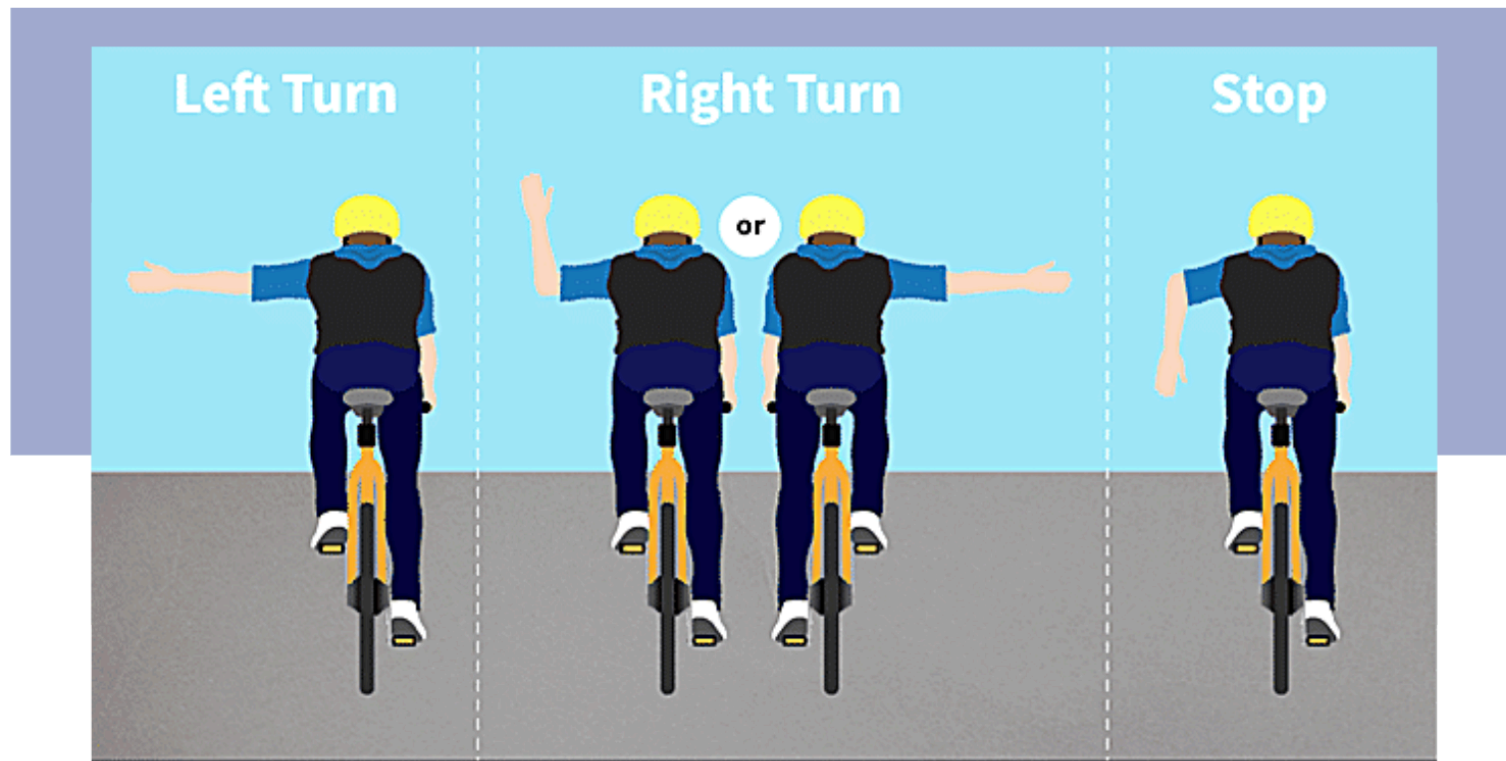
What is CNHBC?



MORE PEOPLE ON BIKES MORE OFTEN

- Educate communities across Central NH about bike safety
- Advocate for better bicycle infrastructure and laws
- Outreach events
- Annual events
- Community Grants
- Bring awareness of current bicycle projects, legislation, and events in New Hampshire

Signaling



PROPER HAND SIGNALS FOR BIKES

Use these signals to let cars and other bicycles on the road know what you are planning on doing. Provide enough time to let the car or other cyclist to become aware of the signal and plan accordingly.

Rules of Thumb for all Bikers

HEADS UP

- Look out for potential hazards in the road such as debris, potholes, etc.
- Stay alert of cars, pedestrians, cyclists. Be ready to act and make adjustments to riding to stay safe

BE SEEN

- Fluorescent clothing during the day, and flashing lights are recommended
- NH Law: Front and rear headlights if biking within 30 minutes of dusk or dawn.

BE AWARE

- Ensure your bike is in safe operable condition for every ride.
- When riding in groups, be aware of nearby cars. Maximum of 2 cyclists wide at any time.

Bicycle Rights



SHARE THE ROAD SIGNS:

- If the road is too narrow for a bike to safely travel in the breakdown lane, "sharrows" will be painted.
- Sharrow allows a bicyclist to take the lane
- If riding in a group, the group should not be more than 2 riders abreast in these areas.
- Cars must treat the bicycle as a car and not pass the bicyclist unless there is a second lane to pass the biker in.

Bicycle Rights



KEY RULES EVERY CYCLIST MUST FOLLOW

- Bicycles are vehicles and must follow all the rules of the road a car would.
 - Stopping at signs, yielding to pedestrians, signaling, etc.
- Ride with traffic
- No bicycle can be ridden on sidewalks
- Do not ride the wrong way down a one-way street
 - Exception: if there is an established bike lane traveling the other direction.

What to Do in a Crash

1. Stay calm and slow down.
2. Check yourself for injuries and road rash
3. See if anyone witnessed the crash
 - a. Get contact info just in case
4. Take photos of injuries and state of bicycle
 - a. Helpful for doctors and lawyers if needed.
5. Contact proper authorities.
 - a. Police and Emergency Services if necessary
6. Get legal guidance if needed.
7. Report your crash.



HOW TO REPORT A CRASH

LIVE FREE AND RIDE.

Our Work

News

Events

Resources

About Us

Get Involved

REPORT A CRASH.

Crashes happen in an instant. If you or someone you know has been involved in a bike crash in the area please fill out the form below. By reporting a crash you help us compile data and determine where more bike awareness needs to be on the roads.

If your bike crash involved serious injury, another biker, or a car. Please inform the proper authorities.

Click this link to fill out our [crash report!](#)

Current Dangers to Cyclists

MOTORISTS

- Texting and Driving
- Parallel Parking
- Narrow Roads
- Unsafe Passage

INTERSECTIONS

- Running red lights
- Bikes acting as pedestrians in cross walks
- Emergency Vehicles

SIDEWALKS

- Hurting yourself or a Pedestrian
- Swerving in and out of an unsafe route

UNFAMILIAR SURROUNDINGS

- Unaware of dangers in the route ahead
- Lack of experience on terrain
- Weather conditions



How Can We Make Bicycling Safer?

- **CREATE MORE BIKE FRIENDLY ROADS**

By deeming more roads "share the road routes" motorists and bicyclists will be more aware.

- **ADVOCATE FOR COMPLETE STREETS**

Complete Streets helps town and city planners create the proper infrastructure for bicyclists, pedestrians, and motorists.

- **MAKE MORE TOWNS CERTIFIED BIKE FRIENDLY COMMUNITIES**

Shows their residents the local government is making bicycle safety a priority and are promoting a the necessary infrastructure.

- **TALK ABOUT IT**

By talking to neighbors, friends, family, and your representatives about your concerns, change can happen and bicycling can become safer.

Advocacy



COMPLETE STREETS

Presentations are communication tools that can be used as demonstrations.



PEOPLE FOR BIKES

Non-profit advocacy organization that strives for federal legislation to promote safer bicycling and bicycling benefits.



CNHBC

CNHBC advocates is on the front lines of advocacy for better bicycling through community grants, state legislature, and advocating for NH to change their infrastructure to benefit bicycles.

How You Can Help



VOLUNTEER

CNHBC is always looking for volunteers to help us at events, spread awareness, and more. Sign up to be a volunteer by emailing us at cnhbc_603@gmail.com

BECOME A COMMUNITY AMBASSADOR

Ready to take charge of seeing change in your community?

Become a community ambassador for CNHBC and start to work on making your town more bike friendly!

FOLLOW US, DONATE, SUBSCRIBE

To stay up to date on the most recent bicycle news in the area, follow us on Twitter, Facebook, and Instagram and subscribe to our monthly newsletter!



Thank You!

www.cnhbc.org

STAY CONNECTED:

Facebook: Central New Hampshire Bike Coalition

Instagram: @cnhbc_603

Twitter: @cnhbc_603

Strava: Central New Hampshire Bike Coalition

Website: www.cnhbc.org

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