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# Riding in Traffic

There's no reason to be afraid to ride on relatively busy roads—but there are plenty of reasons to be careful. Here are seven simple rules to stay safe while riding in traffic.



**1 BE SEEN.** At night, dawn or dusk, use lights: white or green and steady mode in front; blinking red or blue in back. During daylight hours, consider wearing something high viz or attach a small light to your jersey or seat post, like a Road ID Supernova light.

**2 COMMUNICATE.** Make eye contact with drivers and use hand signals and other gestures to let them know your intentions. Indicate turns or lane changes by pointing and be sure to look before you move. Nod or wave to acknowledge drivers' actions.

**3 FOLLOW THE RULES OF THE ROAD.** Be predictable, courteous, and alert. Stop at red lights and stop signs, and yield at intersections. Ride as far to the right as is comfortable but take space as needed—and don't hover in a car's blind spot.

**4 EXPECT THE UNEXPECTED.** Listen for cars behind you, watch for brake lights in front of you (it could mean a car is turning). Look for people pulling out of driveways, or someone opening a door in your path—though the simplest solution to avoid getting “doored” is to ride at least 3 feet from parked cars.

**5 BEWARE THE LEFT CROSS...** Be vigilant for cars approaching from the opposite direction that abruptly turn left and cut you off in an intersection. It's easiest to slow down to let the car pass in front of you, but in a crunch you can turn right to travel parallel to the vehicle.

**6 ...AND THE RIGHT HOOK.** In this common scenario, a car passes you and immediately makes a right turn in front of you. While it's difficult to avoid, brake lights can often give you valuable advance warning. Look for them. Quickly stopping or turning right may also allow you to avoid a collision.

**7 PICK A SMART ROUTE.** Whenever possible, ride on roadways with a shoulder, lighter traffic, bike lanes, or other safety features for cyclists. Often the most direct route isn't the safest one. If you need some guidance, ask your local bike shop, or find routes on digital tools like MapMyRide, Google Maps or Strava.

More Tips at [RoadID.com/SafetyCenter](https://www.roadid.com/SafetyCenter)