



# What to Do if Someone Crashes

Whether the accident is a simple case of road rash or something more serious, you should know how to deal with a fallen rider. Here are some key guidelines.



- 1 PROTECT THE RIDER.** If a rider is down, check for oncoming traffic and either stop or redirect vehicles or other cyclists if needed.
- 2 ASSESS DAMAGE.** Ask the cyclist's name; if they can answer, ask them to check for bodily injury. The fallen rider shouldn't move until they, or a qualified person, can ensure there are no serious injuries. If they can't answer simple questions, dial 911. Try to help the rider stay calm.
- 3 GET OFF THE ROAD.** If the rider who crashed is not seriously injured and is in harm's way, consider moving them and their bike to a safer place. Before you move the rider or their bike, try to make a written or mental note (or take a picture) of the scene.
- 4 LOOK FOR ID.** Hopefully the rider is wearing or carrying emergency information, like a Road ID, that can tell First Responders who they are, who to contact, and important medical information.
- 5 CLEAN WOUNDS.** If injuries are mostly road rash, help the fallen rider rinse away the worst of the grime and debris with a squirt from a water bottle. When the cyclist gets home, he or she should thoroughly clean and bandage the wounds. Even if the injuries seem minor, it's always smart to get checked out by a doctor.
- 6 CHECK THE BIKE.** Start at the front and make sure all parts are in working order: brake and shift levers undamaged, handlebars and fork intact, wheels straight, frame not cracked, chain on, derailleur straight. Even if the rider insists they are well enough to ride, the bike may be dangerous to use. Take the bike to a shop for a complete checkup following a crash.
- 7 DOCUMENT THE ACCIDENT.** If there's been severe injury or harm to the bike, and a driver has been involved, get names and contact information for the driver and any witnesses; take pictures of the scene of the accident with your cell phone; the injured rider should file a police report and contact their insurance agency.