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# Sharing the Road

Two wheels or four, we can all travel safely together.

[caasco.com/cycling](https://caasco.com/cycling)

## Knowing Your Road Signs

Road signs show essential information that protects all road users.



### Yield to cyclists

Watch for approaching cyclists; drivers must yield to them. Drivers have to wait for a cyclist to pass on the right before making a right turn.



### Bike boxes

Cyclists wait in front of cars at a red light and may go first when the light turns green. Cyclists should be at the right, left or centre of the box, depending on their direction of travel. Drivers must stop behind the bike box. If turning right, drivers must signal and make sure the bike box is clear before turning.



### Bike lane

The lane is for bicycles only. It's illegal for motorists to drive or park in a bike lane. They can cross over into the bike lane when making a right turn.



### Contra-flow lanes

Cyclists can travel in both directions on one-way streets.



### Sharrows

Cyclists and motorists share the entire lane. Cyclists should ride in the centre of the chevrons to discourage drivers from squeezing past them.

# Knowing Your Hand Signals

These hand signals help cyclists show their intentions to other road users.



◀ Left Turn



▶ Right Turn



◆ Stop



▶ Right Turn Alternate

# Sharing the Road with Larger Vehicles and Pedestrians



## Public transit buses and trucks

Buses and trucks can't stop or manoeuvre quickly. They also have wider blind spots directly in front, directly behind and along each side—especially the right side. Cyclists should never share a lane with them and should try to stop well behind them at intersections, even in a bike lane.



## Pedestrian crossings

**It's the law:** Drivers and cyclists must stop and yield the whole roadway at pedestrian crossovers, school crossings and anywhere there's a crossing guard.



## School buses

**It's the law:** Stop for a stopped school bus with flashing red lights and stop arm extended. You must stop in both directions when driving on a road without a median. A school bus flashes amber lights to warn you they are slowing down. If you're behind a school bus, you must stop at least 20 metres away.



## Streetcars

**It's the law:** You must pass streetcars on the right. When streetcars stop for passengers, cyclists and drivers must stop two metres behind the rear door until all passengers have boarded and disembarked.

# Helmet Safety

## Protect yourself

**It's the law:** Every cyclist under 18 years old must wear an approved helmet. Riders under 16: a parent or guardian must make sure their child wears a helmet.

All e-bike riders have to wear a helmet. Remember that an e-bike rider must be at least 16 years old.

## Adjust it for safe fit

To ensure your helmet fits properly, every cyclist should follow the 2V1 rule:



**1** **2** finger widths above the eyebrows.



**2** The straps should form a **V** under each ear.



**3** **1** finger should fit between the chinstrap and the chin.


# Sharing the Road Safely When You Drive



## **Be aware**

Pay attention and make eye contact with other road users. Avoid using headphones or mobile devices when driving. Driving distracted results in a hefty fine, licence suspension and demerit points if you're convicted.

## **Keep a safe distance**

 **It's the law:** Leave a minimum of one metre between you and cyclists when passing.

## **Be predictable**

Use your turn signal and follow the rules of the road.

## **Don't open your door into traffic**

Opening a door from a parked or stopped vehicle into the path of a cyclist or other traffic is called dooring and it's illegal. You'll get a fine and demerit points if you're convicted.

## **Do the Dutch Reach**

Avoid dooring by using the hand farthest from the car door to open your door. Your body will naturally pivot so that you can check your blind spot for cyclists and oncoming traffic before opening your door.

# Sharing the Road Safely on Your Bike



## Be aware

Pay attention and make eye contact. Avoid using headphones or mobile devices when riding.

## Ride with traffic

**It's the law:** You must ride in the same direction as the traffic flow, unless there are marked contra-flow bike lanes. When turning right, keep to the far right of the road before and after you turn. Remember to give pedestrians the right of way in crosswalks.

## Keep a safe distance

Be sure to leave enough space for everyone to manoeuvre safely.

## Be visible

**It's the law:** You need a white or amber light on the front of your bike and a flashing red light or reflector at the rear. You also need white reflective tape on your front forks and red reflective tape on your rear forks. Turn on your bike lights from 30 minutes before sunset to a half hour after sunrise, or if there's low visibility. Wear bright or reflective clothing for added visibility.

## Be heard

**It's the law:** Attach a working bell or horn to your bike.

## Be predictable

Signal your intentions and follow the rules of the road, including stopping at stop signs.

## Ride multi-use paths respectfully

Ride slowly on multi-use paths; use your bell to let pedestrians or other cyclists know you're approaching from behind.

## Know your roads

Bikes can ride on most roadways and on the paved shoulders of rural highways. Bicycles and e-bikes can't travel on controlled-access highways, like 400-series highways, the Queen Elizabeth Way and the Kitchener-Waterloo Expressway. Local bylaws tell you where you can ride e-bikes in your community.

# CAA Bike Assist<sup>®</sup> Gears Up When Your Bike Breaks Down

Your CAA Membership includes roadside assistance for your bicycle.

If you ever run into a problem, give us a call. If we can't fix your bike on the spot, we will take you and your bicycle wherever you need to go, 24 hours a day, 7 days a week\*.

For more details, visit [caasco.com/bikeassist](http://caasco.com/bikeassist)



\* Bike Assist counts as one of your allotted roadside calls during your membership year. Service will be provided to cyclists where there is permitted vehicle access, and based on seasonal availability. © Watch for Bikes is a registered trademark of CAA Club Group.

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# Watching for Bikes

CAA's Watch for Bikes<sup>®</sup> program reminds drivers to always look carefully for cyclists approaching from behind.

CAA distributes free Watch for Bikes decals at CAA Stores across Ontario. Stick the decal on your side mirrors as a reminder to watch for bikes or approaching traffic before turning, changing lanes or opening your door.

**Visit your local CAA Store  
to get your free decal.**

