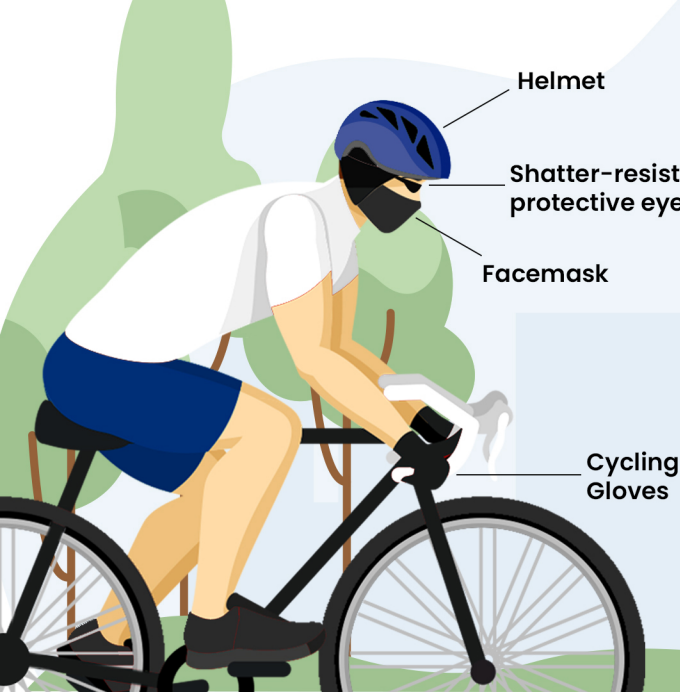




# BIKER'S MANUAL





Helmet

Shatter-resistant  
protective eyewear

Facemask

Cycling  
Gloves



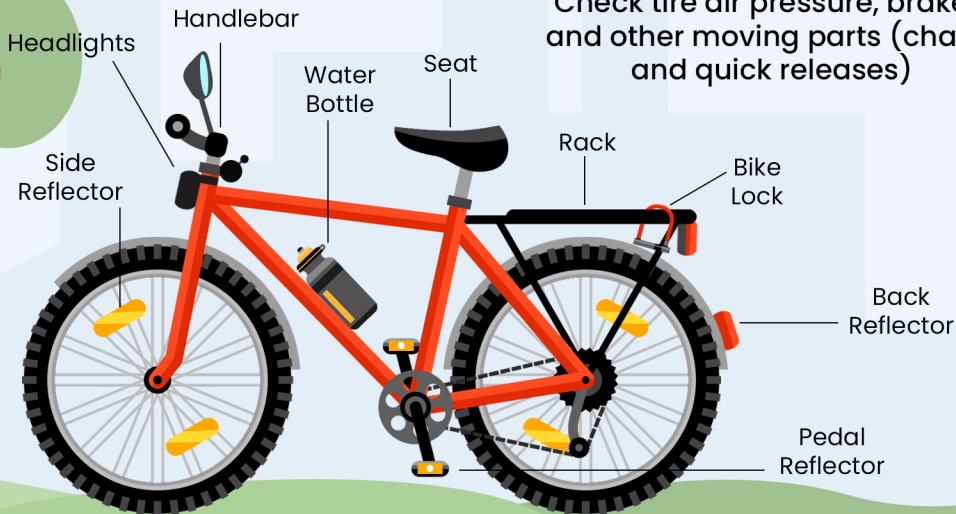
# BEFORE THE RIDE

Use personal safety  
gear and equipment



# Make sure your bicycle is in good riding condition

Check tire air pressure, brakes, and other moving parts (chains and quick releases)





# DURING THE RIDE



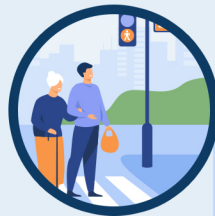
Always strictly obey traffic regulations, traffic signs, and traffic signals



Wear safety gear and protective equipment through the ride



Plan routes before heading out to your destination



Always prioritize and give way to pedestrians

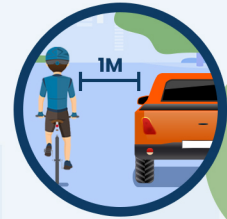




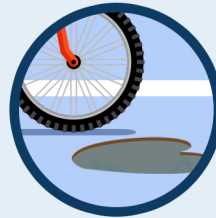
# DURING THE RIDE



Observe physical distancing



In unsegregated bicycle lanes, ride at least 1 meter from parked cars



Watch out for any obstacle such as potholes when using the bike lanes



Always look over the shoulder before making turns



# BIKE SIGNALS



Left



Right



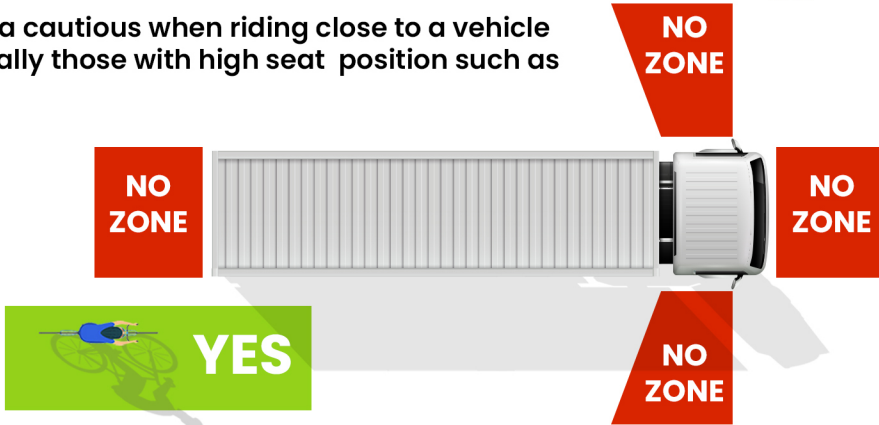
Hazard



Stop

# DURING THE RIDE

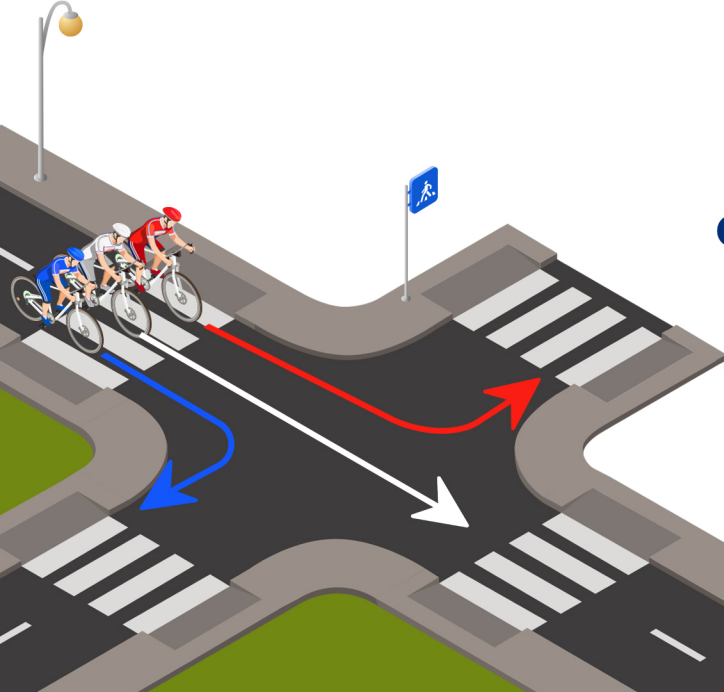
Be extra cautious when riding close to a vehicle especially those with high seat position such as trucks





## GOING THROUGH AN INTERSECTION

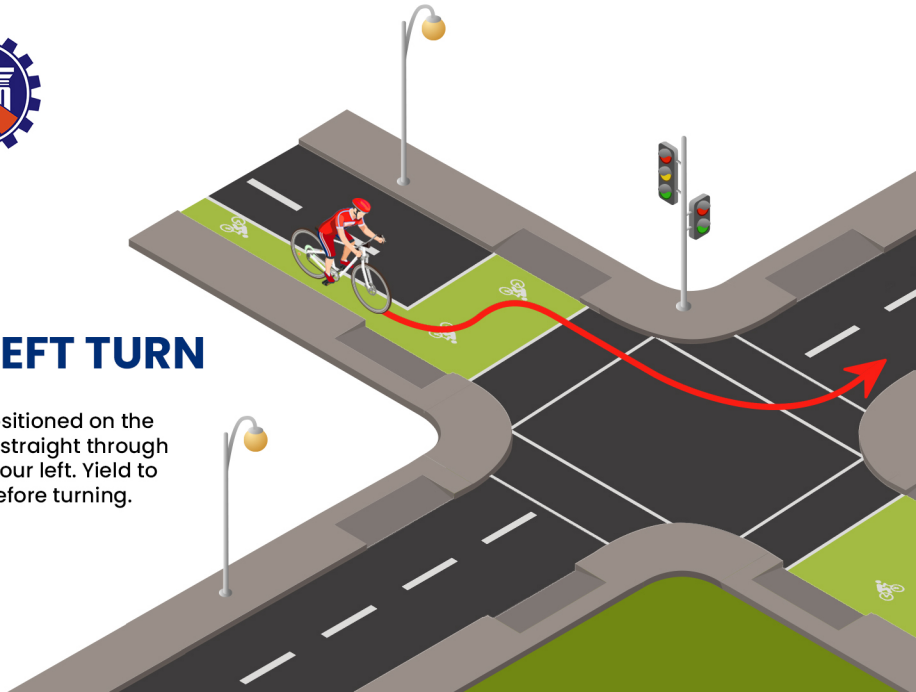
Cyclists should ride in the lane that is closest to the right side of the road. Enter the intersection either ahead of or behind the vehicle in the lane. Do not enter an intersection beside another vehicle.





## MAKING A LEFT TURN

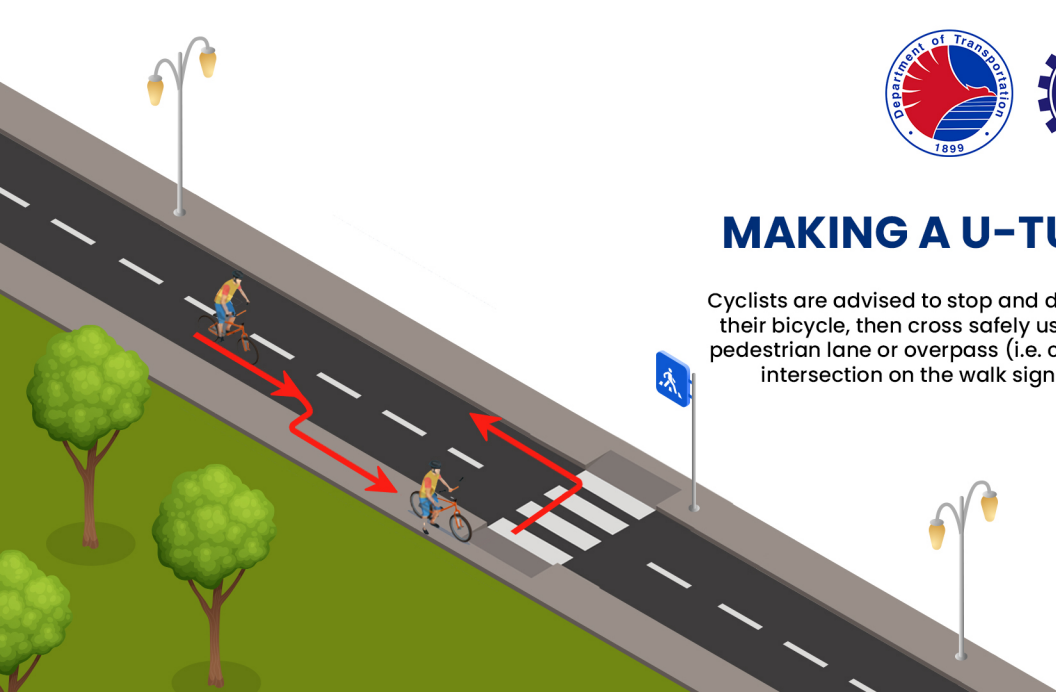
Cyclists should be positioned on the left lane so cars going straight through cannot pass you on your left. Yield to oncoming traffic before turning.





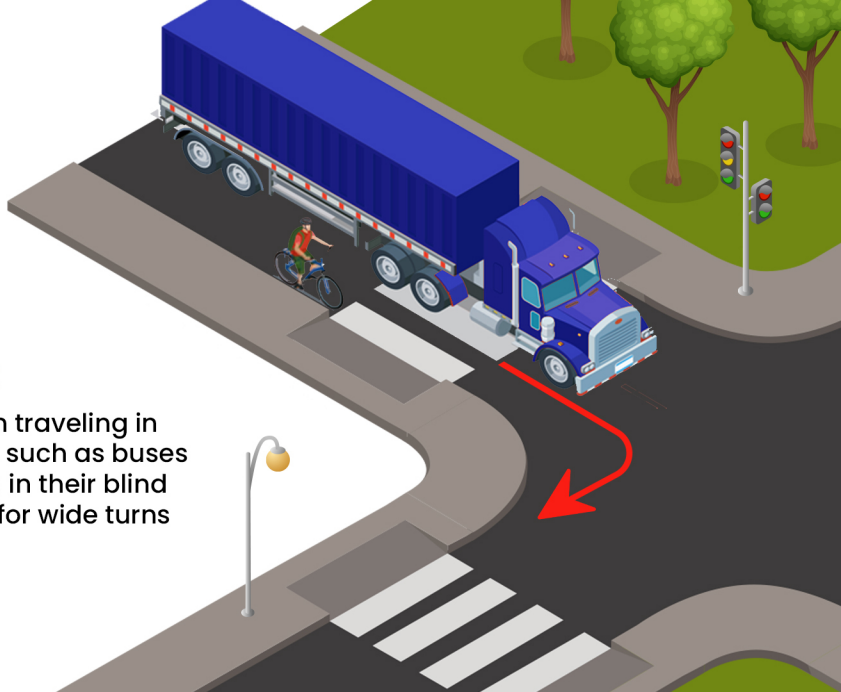
## MAKING A U-TURN

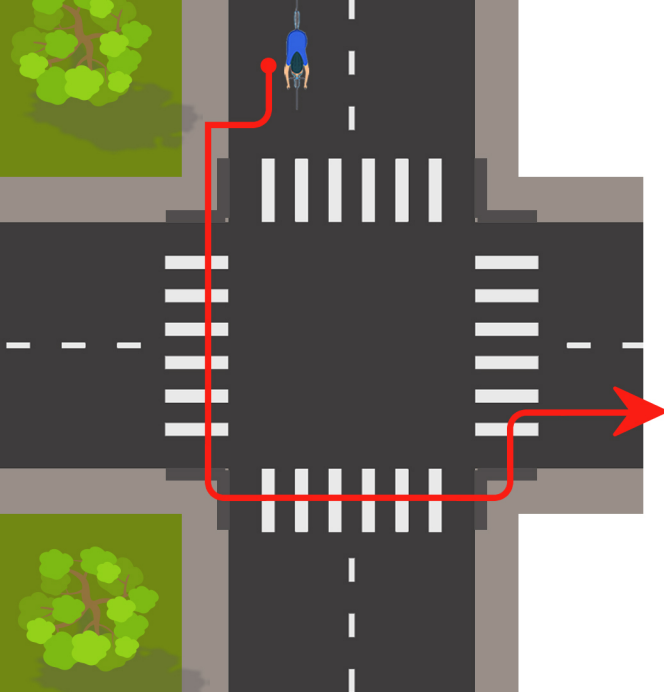
Cyclists are advised to stop and dismount their bicycle, then cross safely using the pedestrian lane or overpass (i.e. cross the intersection on the walk signal).





Use extra caution when traveling in traffic with large vehicles such as buses and trucks. Avoid riding in their blind spots and be prepared for wide turns





## MAKING A LEFT TURN

### Perimeter Style #1

Cyclists are advised to stop and dismount their bicycle, then cross safely using the pedestrian lane or overpass (i.e. cross the intersection on the walk signal).





## COPENHAGEN LEFT

Cyclists are advised to cross using the pedestrian or bike lane path or bike boxes provided

# Bike lanes can only be utilized by:



**Bicycles**



**Light Mobility Vehicle/Personal  
Mobility Devices weighing not  
more than 100kg**





Do no Harm,  
Put Safety First



Healthy  
Pilipinas