Riding safely is an important part of your cycling experience. Always be aware of your surroundings and follow the rules of the road. Here are some key reminders:

**BICYCLE HELMETS**
An approved bicycle helmet can greatly reduce the risk of death or permanent injury in the event of an accident. Wearing a helmet is the law in BC.

**ONE PERSON PER BIKE**
Riding double is only permitted when carrying a child in an approved carrier or when riding on a tandem bicycle. Children must always wear a helmet.

**STAY OFF SIDEWALKS**
Riding on sidewalks is illegal and dangerous. Only ride on a sidewalk when permitted by signs.

**OBEY TRAFFIC SIGNALS AND SIGNS**
As a vehicle, bicycles must obey the rules of the road. Cyclists have the same rights & responsibilities as other traffic.

**RIDE IN SINGLE FILE**
Ride in single file when riding in a group except when passing.

**USE HAND SIGNALS**
Signal all turns and stops ahead of time. Shoulders first, then make your intended move only when safe to do so.

**LIGHTS FOR NIGHT TRAVEL**
Being visible increases your safety as a cyclist. All bicycles used at night must have a lamp in front and a red reflector and red lamp visible from behind. Using lights for night travel is the law in BC.

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**HOW TO LOAD YOUR BIKE ON A BUS RACK**
Each bus will accept two full-sized bikes. If you follow these steps you will be quickly and safely on board the bus with your bike mounted up front.

1. **Lower the bike rack by pulling on the release handle**
2. **Lift your bike onto the rack**
3. **Lift the support arm up and over the front tire**

   - Tell the driver you want to load your bike
   - Sit at the front of the bus so you can keep an eye on your bike
   - When it is time to get off the bus, tell the driver that you need to remove your bike before you get off the bus, then exit the front door of the bus.

   **Restrictions**
   - For operational safety reasons, Community Shuttles require bikes to be put inside the bus during non-daylight hours.
   - To fit in the rack, bikes must have a minimum of a 40 cm (16 in) diameter wheel.
   - Motor-assisted bikes of any kind, including electric bikes, are not permitted.
   - Bikes must weigh less than 22 kg (50 lbs) to use the rack.
   - Children’s bikes are not allowed on board buses.

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**CITY OF BURNABY**
Bicycle Hotline/Route Maintenance Requests (Engineering Department) 604-294-7440
Bicycle Planning (Planning Department) 604-294-7400
Parks Department 604-294-7450
Bike Routes and Urban Trails www.burnaby.ca/cycling

**TRANSLINK**
Bicycle Locker Rentals 604-524-1076
Customer Service 604-953-3040
Bus Information www.translink.ca 604-953-3333
Cycle route information www.travelsmart.ca
Bicycle Planning (Planning Department) 604-294-7440
Bicycle Hotline/Route Maintenance (Engineering Department) 604-294-7450

**SAFETY/INSTRUCTION**
B.C. Bicycle Operators Manual order copy
250-480-5155 or email to: bikesense@gvcc.bc.ca

**CYCLING CLUBS / ADVOCACY**
Vancouver Bicycle Club www.vbc.bc.ca 604-733-3364
Cycling B.C. www.cyclingbc.net
Hub-Your Cycling Connection www.bikehub.ca 604-558-2002
Better Environmentally Sound Transportation 604-661-2800 or www.best.bc.ca
Bike Maps www.bikemaps.org

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