

And what's the opposite of two?
A lonely me and a lonely you.





Agenda:

- Safety
- Security
- Helmets
- Bicycles
- Bike Routes
- GPS Units
- Bicycle Accidents
- Additional Information



Drivers and cyclists:

Avoid injury, share the road. Read up on the rules of the road to find tips and more.



Bicycle Safety Check List

	Good	Needs Attention
• Fit of Bike to Rider	_____	_____
• Alignment of Bike	_____	_____
• Front Wheel Area	_____	_____
• Rear Wheel Area	_____	_____
• Brakes	_____	_____
• Bell or Bike Horn	_____	_____
• Reflectors	_____	_____

• Additional Comments:



McGruff and Scruff's

Bike Safety Tips



Always ride with a friend.

Use a backpack to carry books and other stuff.

Wear bright clothes that people can see.

Keep a copy of your bike's registration and serial number.

Make sure your tires have enough air in them.



Always wear a helmet.

Look both ways for traffic.

Put reflectors on the front and back of your bike.

Lock up your bike.

Obey the rules of the road.



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BICYCLE SAFETY TIPS

- Always wear a Helmet
- Use lights at night
- Stop at all stop signs
- Ride on the road
- Take out earbuds



Does *your* Bicycle meet all of the **German *Safety Requirements*** *To Make it Street Legal ?*



The following items are required on all bicycles:
(weighing more than 11 Kilos)

- 1: One (1) Red Rear Light* (recommended with standing light)
- 2: One (1) Red Rear Reflector (can be integrated with rear light)
- 3: One (1) Red Rear Light* (Max. 60cm above ground)
- 4: Two (2) Yellow Reflectors on each Pedal
- 5: Two (2) Separate Brake Systems (preferred front and rear)
- 6: One (1) Ringing or Clicking Bell
- 7: One (1) White Front Light* (recommended with standing light)
- 8: One (1) White Front Reflector (can be integrated with front light)
- 9: Dynamo Power Supply with at least 3watt/6volt of power for lights **
- 10: Two (2) Yellow Reflectors on each Wheel -or- Solid White Reflective Stripe on Both sides of each Tire.

* NON-BLINKING

** Battery operated lights (front and rear) are allowed as long as they have the with a clearly marked "K -----" number on the outer portion of each light

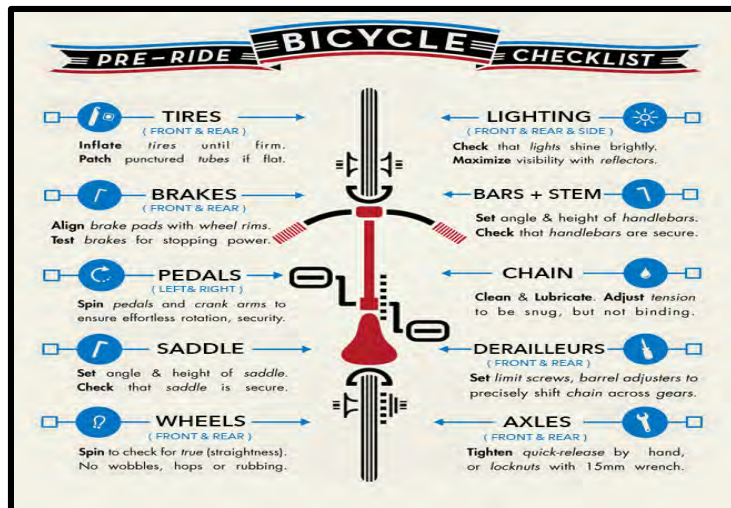
Helmets should be worn at all times and are a very wise investment & a inexpensive insurance policy!



Bicycle Safety Inspection Checklist

- Wheels (aligned) _____
- Brakes and Levers (functions) _____
- Lights (function) _____
- Handlebars (tight) _____
- Pedals and Gears (function and Appear normal) _____
- Crank arms (tight) _____
- Steering (tight) _____
- Shifting (function) _____
- Seat and Cover (proper adjustment) _____
- Chain (good condition, correct Tension and lubed) _____
- Reflectors (front, rear and spoke) _____
- Side stand / Kickstand (function) _____
- Tires (inflated, good tread) _____
- Rack _____
- Tool Kit _____
- Pump _____
- Nuts and Bolts (snug) _____

DESCRIPTION OF ANY NOTABLE DAMAGE (other than minor scratches, chips and dings):



Preventing Bicycle Theft - How To Lock Your Bike

Best Tips for Theft Prevention

- Always lock your bike's frame and wheels with a high-quality, modern U-lock (with a disc/flat key)
- Remove all detachable items like lights, bags and quick release parts and take them with you
- Lock to a bike rack, or firmly affixed (bolts covered in concrete) parking meter or sign pole - these are the most secure places
- See images to the right for locking depictions.

More Tips

- Record your bike's serial number. Take a photo of you and your unlocked bike. - - Keep the receipt. All will help you identify the bike.
- Always lock your bike, even if you're just leaving it for a moment
- Always lock through the frame and a wheel. Add a cable, cable lock, or second U-lock to lock the second wheel. See diagrams to the right.
- Buy the most expensive lock you can afford. U-locks are strong and better ones come with theft warranties. Only buy a U-lock with a flat or disc key. Cylindrical keyed locks are more easily picked. See diagram about keys to the right.
- Beware of locking to "sucker poles" that are loosely bolted down and can easily be removed.
- Avoid locking to private property. Store your bike inside if space is available.
- Lock your bike when keeping it in a garage or on a porch.
- Learn about the lock manufacturer's warranty and product replacement policy.

If it's stolen

File a theft report with the USAG Wiesbaden Military Police by calling DSN 548.7777 or CIV 0611.143.548.7777

If the police recover your bike, it's beneficial if you previously registered your bike with the USAG Wiesbaden Military Police.

After filing a theft report with the USAG Wiesbaden Military Police, file a report as soon as possible.

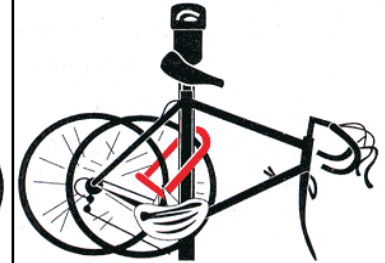


Locking without wheel removal



Position your bike frame and wheels so that you fill up or take up as much of the open space within the lock's U portion as possible. The tighter the lock up, the harder it will be for a thief to insert a pry bar and pry open your lock. Notice here that 2 different locks are used.

Locking with removing front wheel



Lock to a fixed, immovable object, a parking meter, or a permanent bike rack cemented or anchored into the ground. It must prevent a thief from slipping the locked bike off over the top of the pole. Beware of locking to items that can easily be cut, broken or removed.

These graphics are courtesy of Kryptonite - www.kryptonite.com

Bicycle Recovery Information		
Name:	_____	
Address	_____	
Phone _____	Date _____	
Bicycle Information		
Year _____	Make _____	Model _____
Style (mountain, road, etc.) _____	Value _____	
Color _____	Serial # _____	
Additional Descriptors & Accessories		



Bicycle Lock

Best Tips for Theft Prevention

- Always lock your bicycle.
- Lock to a bike rack, or firmly affixed (bolts covered in concrete) parking meter or sign pole
- Always lock through the frame and a wheel.



Vehicle Bike Rack

Best Tips for Properly Transporting your bike

- Always fasten down all bike frames and wheels.
- Check twice and retighten as needed
- Check all fastening points when at gas stations or rest stops
- Lock all bikes to rack and vehicle to prevent theft
- If roof mount rack is used take notice of new ceiling height (Parking Garages, Bridges, etc...)





Helmet Safety

Fact: Eighty-five percent of kid's head injuries can be prevented by a properly-fitted helmet.

Make sure it fits!




2 FINGERS ABOVE YOUR EYEBROWS
V SHAPE STRAP UNDER YOUR EARS
1 FINGER SPACE UNDER YOUR CHIN

Always wear a properly fitted, activity specific helmet

For more information contact York Region Health Connection at 1-800-361-5653 York Region

"I NEVER WEAR A HELMET. THEY DON'T LOOK COOL"

INCIDENT LIAISON - CRANIAL SURGERY PATIENT



EVERY YEAR, OVER 13,000 PEOPLE DIE ON OUR ROADS AND 30,000 ARE SERIOUSLY INJURED. THAT MEANS THOUSANDS OF FAMILIES LEFT PICKING UP THE PIECES. SUDDEN NEED TO CARE FOR A LOVED ONE, CRIPPLED BY REDUCED INCOME OR THE SAD TRUTH IS THAT MAJORITY OF THESE CASES COULD HAVE BEEN PREVENTED BY SIMPLY WEARING A HELMET. WHEN YOU THINK ABOUT IT, THERE ARE NO EXCUSES.

WEAR A HELMET. NO EXCUSES

Easy Steps For A Perfectly Fitted Helmet

It may take some time to ensure a proper fit. It is easier if you have someone help you adjust the straps.



Step 1 **Size:** Measure your head for approximate size. Try the helmet on to ensure it fits your head comfortably without rocking side to side. Sizing pads can be used to adjust the fit to different head shapes. Mix or match sizing pads for the best fit.

Step 2 **Position:** The helmet should sit level on the head so that the forehead is covered within **two finger widths** of the eyebrow.

Step 3 **Buckles:** Center the left buckle under the chin. On most helmets, the straps can be pulled from the back of the helmet to lengthen or shorten the chin straps. This task is easier if you take the helmet off to make these adjustments.

Step 4 **Side straps:** Adjust the slider on both straps to form a "V" shape under, and slightly in front of, the ears.

Step 5 **Chin strap:** Roll the rubber band towards the slider. Buckle up! Starting loose, while holding the buckle, pull the strap tight. No more than **one or two fingers** should fit under the strap.


Step 6 **This is an important step!**
Does your helmet fit right?
 Open mouth wide... **Big Yawn!**
 The helmet should pull down on the head!
 If not, tighten the chin strap.
Does your helmet rock back more than two fingers above the eyebrows?
 If so, unbuckle, shorten the front strap by moving the slider forward.
 Buckle, retighten the chin strap, and test again!
Does your helmet rock forward into your eyes?
 If so, unbuckle, tighten the back strap by moving the slider back toward the ear.
 Buckle, retighten the chin strap, and test again!

Step 7 Roll the rubber band down to the buckle. All four straps **must go through** the rubber band and be close to the buckle to prevent the buckle from slipping!

Now, you are ready to go with a properly fitted helmet!

rubber band tied to the right buckle

Fitting a Bicycle Helmet



It should fit snugly and can be fine tuned by using thinner or thicker removable foam pads inside.

A bicycle helmet should sit low on the forehead, just above the eyebrow.

The two side plastic pieces on the straps should fit just under the ears.

The buckle should be just under the chin, with about one finger's width of space between the strap and the chin. The helmet must ALWAYS be buckled.

For a final check, gently try to roll the helmet back and forth on the head. The helmet should not move more than 1/2 inch in any direction.

Information provided by the Contra Costa Childhood Injury Prevention Coalition

Bicycle Helmet Safety



When Should I Replace My Helmet?

Summary:

Did you crash it? **Replace!**

Did you drop it hard enough to crack the foam?
Replace!

Is it from the 1970's, 1980's or 1990's? **Replace!**

Is the outside just foam or cloth instead of plastic?
Replace!

Does it lack a CPSC, ASTM or Snell sticker? **Replace!**

Can you not adjust it to fit correctly? **Replace!!**

Do you hate it? **Replace!**



First, our pick of Basic Numbers from many sources:

There are 85 million bicycle riders in the US.

784 bicyclists died on US roads in 2005. 92% of them died in crashes with motor vehicles (720).

About 540,000 bicyclists visit emergency rooms with injuries every year. Of those, about 67,000 have head injuries, and 27,000 have injuries serious enough to be hospitalized.

Bicycle crashes and injuries are under-reported, since the majority are not serious enough for emergency room visits.

1 in 8 of the cyclists with reported injuries has a brain injury.

Two-thirds of the deaths here are from traumatic brain injury.

A very high percentage of cyclists' brain injuries can be prevented by a helmet, estimated at anywhere from 45 to 88 per cent.

Many years of potential life are lost because about half of the deaths are children under 15 years old.

Direct costs of cyclists' injuries due to not using helmets are estimated at \$81 million each year.

Indirect costs of cyclists' injuries due to not using helmets are estimated at \$2.3 billion each year.

Helmets are cheap. The typical discount store price has risen from under \$15 to about \$40, but there are still models available for under \$30 at major retailers.





BMX Bike



MTB - Hard Tail



MTB - Full Suspension



MTB - Single Speed



Dutch Bike



Touring Bike



Road Racing Bike





BICYCLE MAINTENANCE



POINTS THAT REQUIRE REGULAR ATTENTION TO KEEP A BICYCLE IN SAFE RIDING CONDITION

- LOOK FOR CRACKED JOINTS IN FRAME.
- REPAIR LOOSE SPOKES. REPLACE BROKEN SPOKES.
- LUBRICATE AND ADJUST WHEEL BEARINGS AND COASTER BRAKE.
- PUT LICENSE PLATE IN READABLE POSITION
- REPLACE CRACKED REFLECTOR - MUST BE VISIBLE FOR 500 FEET.
- INSPECT TIRE VALVE.
- LOOK FOR WEAK LINKS IN CHAIN. LUBRICATE CHAIN AND SPROCKET.
- REPLACE WORN HANDLE GRIPS AND HAVE THEM TIGHTLY CE-MENTED.
- HAVE WARNING DEVICE IN GOOD ORDER. ADJUST AND TIGHTEN HANDLE BARS. LUBRICATE AND ADJUST FORK BEARINGS.
- REPLACE BATTERIES. LIGHT MUST BE VISIBLE FOR 500 FEET.
- REPLACE WORN PEDAL TREADS.
- ADJUST AND OIL SPROCKET BEARINGS. LUBRICATE PEDAL BEARINGS.
- INFLATE TIRES TO CORRECT AIR PRES-SURE



RIDE WITH CARE



Bike/Trail Maps

Pick the best guide for your route

- Check both online and local book stores
- Check maps have points of interest along with bike repair locations and public transportation



Various GPS Units

GPS units are like cell phones, pick the one that best fits your needs and is easy to operate/understand

- Choose a unit in which you can download updates
- Ensure it mounts securely to your bike
- Look for water "PROOF" and not just water resistant
- Take along extra batteries or charge pack for longer trips



Germany Bicycle Rules of the Road

- Riding side by side is forbidden on streets and roads. You must ride single file.
- Arm signals: You must give a hand signal for all turns.
 - Europeans point left with their left arm and point right with their right arm.
 - The signal for stopping is one arm extended and the forearm pointing down.
- Yield to traffic on the right - unless you are on a priority street with the yellow diamond.
- Yield to all traffic - if you are coming from a sidewalk, parking lot, driveway, or the like, you must yield to all traffic on the roadway.
- Stop: A stop sign means stop.
- Emergency vehicles have the right of way - Pedestrians always have the right of way.
- Bicycles are legal traffic: They must be on the street with traffic riding in the direction of traffic. However, children up to age 8 must be on the sidewalk, not in traffic. Children up to age 10 may ride on the sidewalk.
- Obey all traffic laws, especially speed limits & stop signs.
- Use of cell phones: It is prohibited to use a cell phone while riding a bicycle except when using a hands free capability.
- One Hand or No Hands Riding: Forbidden, maintain full control of your bicycle at all times in traffic.



Changing Lanes in Traffic



4. Place both hands back on the handlebars and resume safe operations of your bicycle.

3. Continue to signal while making your lawful turn. Always reconfirm the area is clear and safe.

2. Use the proper hand signal to indicate your intent to change lanes or turn.

1. Check over your shoulder for any traffic that may be approaching from the rear.



7. Place both hands back on the handlebars and resume safe operations of your bicycle.

6. Check over your shoulder and when safe change your lane of travel.

5. Use proper hand signals to signal your intent to change lanes.







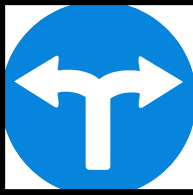



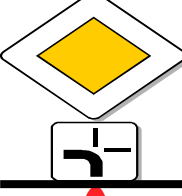
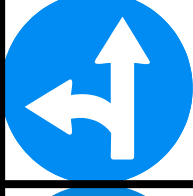




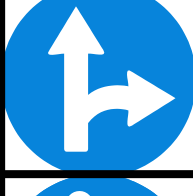


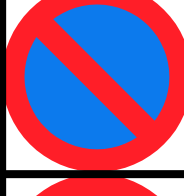
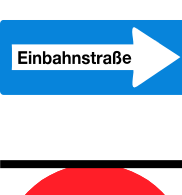
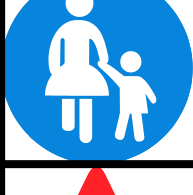



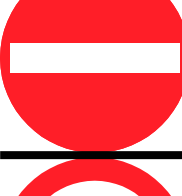









4. Place both hands back on the handlebars and pass safely.

3. Continue to signal while making your lawful lane change.



2. Use the proper hand signal to indicate your intent to change lanes.

1. Check over your shoulder for any traffic that may be approaching from the rear.

European Street Signs

	Stop		Straight Ahead Only		Warning Rail Road Crossing		Warning Pedestrian Crossing		Warning Snow Flurries
	Yield		Left or Right Turn Only		Warning Two Way Traffic		Warning People Crossing		Warning Rail Road Crossing Automated
	Priority Road To the Left		Straight or Left Turn Only		Warning Serpentine Road		Warning Falling Rocks		Bus Stop
	Warning Traffic Light		Straight or Right Turn Only		Warning Left Turn		Warning Road Ends		No Parking Limited
	One Way Street		Pedestrian Area No Traffic		Warning Right Turn		Warning Congestion Ahead		No Parking Allowed
	No Entrance		Warning Attention Caution		Warning Down Slope		Warning Wildlife Crossing		Maximum Speed Limit
	No Entrance		Warning Construction Ahead		Warning Down Slope		Warning Cattle Crossing		All Restrictions Removed

European Street Signs

201 	205 	206 	208 	209-30 	209-20 
209-10 	209-31 	211-20 	214-20 	214-10 	222-20 
222-10 	220 	224 	224-51 	229 	237 
238 	239 	240 	241 	242 	243 
244 	244a 	245 	250 	251 	253 

254 	255 	256 	258 	259 	260 
261 	262 	263 	264 	265 	266 
267 	268 	268 	270 	272 	273 
274 	1052-36 	274.1 	274.2 	275 	276 
277 	278 	279 	280 	281 	282 

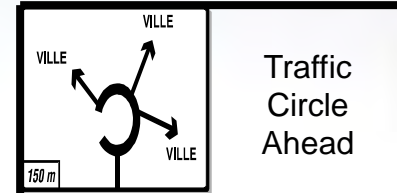
§ 41 Vorschriftzeichen

201	Andreaskreuz, dem Schienenverkehr Vorrang gewähren!	220	Einbahnstraße (222-20 rechtsweisend)
205	Vorfahrt gewähren!	224	Haltestelle Straßenbahnen oder Linienbusse
206	Halt! Vorfahrt gewähren!	224-51	Haltestellen Schulbusse
208	Dem Gegenverkehr Vorrang gewähren!	229	Taxi
209-30	Vorgeschriebene Fahrtrichtung geradeaus	237	Bicycle
209-20	Vorgeschriebene Fahrtrichtung rechts	241	Getrennter Rad- und Fußweg
209-10	Vorgeschriebene Fahrtrichtung links	242	Beginn eines Fußgängerbereichs
209-31	Vorgeschriebene Fahrtrichtung rechts und links	243	Ende eines Fußgängerbereichs
211-20	Vorgeschriebene Fahrtrichtung hier rechts	244	Beginn einer Fahrradstraße
214-20	Vorgeschriebene Fahrtrichtung geradeaus und rechts	244a	Ende einer Fahrradstraße
214-10	Vorgeschriebene Fahrtrichtung geradeaus und links	245	Linienbusse
222	Vorgeschriebene Vorbeifahrt (222-20 rechts vorbei)	250	Verbot für Fahrzeuge aller Art
222	Vorgeschriebene Vorbeifahrt (222-10 links vorbei)	251	Verbot für Kraftwagen und sonstige mehrspurige Kraftfahrzeuge

Fortsetzung nächste Seite

253	Verbot für Kfz mit einem zulässigen Gesamtgewicht über 3,5t, einschließlich ihrer Anhänger und Zugmaschinen, ausgenommen Personenkraftwagen und Kraftomnibusse	263	Verbot für Fahrzeuge über angegebene tatsächliche Achslast
254	Verbot für Radfahrer	264	Verbot für Fahrzeuge über angegebene Breite
255	Verbot für Kraftfahrzeuge, auch mit Beiwagen, Kleinkraftfahrzeuge und Mofas	265	Verbot für Fahrzeuge über angegebene Höhe
256	Verbot für Mofas	266	Verbot für Fahrzeuge und Züge über angegebene Länge
258	Verbot für Reiter	267	Verbot der Einfahrt Schneeketten sind vorgeschrieben
259	Verbot für Fußgänger	268	Verbot für Fahrzeuge mit wassergefährdender Ladung
260	Verbot für Kraftfahrzeuge, auch mit Beiwagen, Kleinkraftfahrzeuge und Mofas sowie für Kraftwagen und sonstige mehrspurige Kraftfahrzeuge	269	Verbot für Fahrzeuge mit wassergefährdender Ladung
261	Verbot für kennzeichnungspflichtige Kraftfahrzeuge mit gefährlichen Gütern	270	Verkehrsverbot bei Smog oder zur Verminderung schädlicher Luftverunreinigungen
262	Verbot für Fahrzeuge über angegebenes tatsächliches Gewicht	272	Wendeverbot
		273	Verbot des Fahrens ohne einen Mindestabstand
		274	Zulässige Höchstgeschwindigkeit
		1052-36	Zusatzschild »bei Nässe« für Zeichen 274
		274.1	Beginn/
		274.2	Ende der Zone mit zul. Höchstgeschwindigkeit

Fortsetzung nächste Seite



Traffic Circle Ahead



Pedestrian Crossing Area



Pedestrian Crossing



Road Turns Right



Construction Area



Low Flying Aircraft



No Hazardous Materials

Avoid a Crash

There are two main types of crashes, the most common (falls), and the most serious (the ones with cars).

Be Prepared Before Heading Out

- Wear equipment to protect you and make you more visible to others.
- Ride with both hands on the handlebars, unless signaling a turn.
- Tuck and tie your shoe laces and pant legs so they don't get caught in your bike chain.

Be focused and alert to the road and all traffic around you; anticipate what others may do, before they do it.

Drive Defensively - Focused and Alert

- Drive with the flow, in the same direction as traffic.
- Obey street signs, signals, and road markings, just like a car.
- Assume the other person doesn't see you; look ahead for hazards or situations to avoid that may cause you to fall, like toys, pebbles, potholes, grates, train tracks.
- Pass pedestrians with care by using your bell.
- Slow and look for traffic (left-right-left and behind) when crossing a street



Bicycle Accidents

Key things to record after an accident:

- Person (s) injured
- Place (exact location)
- Time (Date & Time)
- Event (Details)
- Witnesses (Full Name & Address)
- Take pictures of street signs and license plates if possible



Emergency Numbers:

Military Police: 0611.143.548.7777

Polizei: 110

Fire: 112



Contact Info:

Wiesbaden Outdoor Recreation
Building 3400, Clay North
Rennbahn Strasse 19, 65205 Wiesbaden
DSN 548.9801 or CIV 0611.143.548.9801



ON A BIKE
NO ONE *ever* asks
"are we there?"
YET?

