











## Road Safety and Etiquette for Point to Point Riders

We want all our Point to Point participants to have fun on their rides! That means we also want you to stay safe. Whether you're on the road or bike path, there are a few rules or regulations that the State of Vermont has in place for cyclists. Please be respectful of the following considerations for yourself, your fellow riders, and others you share the road with. That way we'll all be sure to have a good time!

-  **Wear a helmet:** Riders who participate in the Point to Point are asked to wear a helmet, regardless of age.
-  **Stay to the right:** If you enter the left lane, do so cautiously and only to pass someone or because of an obstruction.
-  **Pass on the left:** Call out "on your left" when passing a rider or pedestrian.
-  **Ride single file:** You may only ride alongside another rider when you are in a designated bike lane or bike path.
-  **Make yourself visible:** Use flashing lights or white lights to be easily visible on the road.
-  **Obey all posted traffic signs and signals:** As bicycles are in the same category as motor vehicles, you must obey all stop signs, red lights, and other traffic signals along the route.
-  **Follow Point to Point signage:** Your route will be well marked, so let us point you in the right direction!

# POINT TO POINT

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-  **Keep lanes clear:** If you need to stop for any reason, move both yourself and your bicycle out of the way.
-  **Keep your ears open:** Headphones are permitted but please make sure you can still hear and communicate with other riders.
-  **Communicate with other cyclists:** Let your fellow riders know when you're passing on the left or if you notice a hazard, and use cycling hand signals to show when you are changing speeds, turning, or stopping.

## **Cycling Safety and Minors:**

- There are a few additional safety considerations for minors participating in the Point to Point:
- Children under the age of 12 must be under adult supervision.
- When passing children, assume they don't see you.
- Don't overload the trailer with kids or dogs.
- Ride slowly and in control, especially down a hill.
- Dress kids in trailers in appropriate clothing as it can be significantly cooler or warmer in a trailer.

## **Other:**

- Do not litter.
- Do not urinate in public. We will have facilities all aid stations along the courses.
- Ride in control of your bike at all times (make sure you are able to stop within a reasonable distance).

**In case of emergency:** Call 911 for all immediate emergencies. The Point to Point has an emergency Command Center that can also offer support if it is not an immediate emergency.