

HOW TO STAY  
**SAFE & WHAT TO DO**  
WHEN TRAGEDY STRIKES

**STAY  
SAFE**

***SARICOLCYCLING.com***  
*Lawyers for Injured Cyclists*

# Top Ten Things to Do to Stay Safe in an Accident

*The freedom of riding on the open road is one of the biggest draws those that enjoy cycling. The wind in your face, just you and 2 wheels and the sense of primal bliss are what motivate many to hit the road. However, the reality of riding in the road is that there are certain risks and variables that are out of your control that can make cycling on the open road dangerous. Objects in the road, stray animals and worst of all, distracted drivers. A cycling accident, while not common, can happen and you need to know how to handle the situation properly. With that said, here are the top 10 things to do to stay safe in an accident.*

- 1) If you get hit, and are able to move without debilitating pain, leave your bike where it is and remove yourself from traffic to a safe spot away from the street. We understand that you love your bike more than you love yourself. We love our bikes too. Carbon can be repaired or replaced. People can't be replaced. Get off the road immediately. Leaving your bike at the scene of the accident also allows for police to take accurate notes on their police report.
- 2) If anyone asks how you are, do not state how you are feeling other than you are hurt and need help. NEVER volunteer and say that you are OK. This makes things very difficult later if you need to get your medical treatment covered. When hit, many of us get jacked up with a combination of adrenaline, cortisol and shock and don't realize how banged up we are until well after the fact. Stating that you are OK could confuse both the person that hit you and the authorities and cause issues for you down the road if an insurance claim needs to be made.
- 3) Get witness names and numbers. In a traumatic accident it's not uncommon to forget important details and if hit from behind, you might not even realize what hit you. Witnesses can be helpful in determining what happened in a cycling accident.
- 4) If you are a GPS user, don't leave the scene of the accident without your Garmin or cycling computer. While most of us think GPS's are only for tracking your PR and KOM attempts, they can be valuable tools if a case needs to be made. They can track your exact time, speeds and locations of accidents. Your attorney will love you for keeping your data.
- 5) Never attempt to ride your bike immediately after going down hard, especially if after being hit by a vehicle. Because of the adrenaline and cortisol surging through your body, you may not know how hurt you really are and you risk making the injuries worse or creating a much longer recovery time. Either have someone pick you up to be examined by a medical professional or opt to get an ambulance.



- 6) Call the police. The authorities need to know if there has been an accident. While in some localities, they might not show up unless you were seriously injured, call them anyway. Don't say that you are OK, instead, state that you were hit pretty hard and need a medical exam.
- 7) Get the drivers insurance, license and contact information. Don't take their word that they will pay for the damage. No one ever does. Get their plates, their insurance information, and phone number(and verify it by calling them at the scene). Take pictures of everything. The license, insurance card, plates, your bike, the car, and the scene of the collision.
- 8) Go to a doctor afterwards. If your doc gives you a clean bill of health, that's awesome. But if you go and tell everyone you are fine and don't go to a doctor and the side effects of your injuries start showing up afterwards, you will have a hard time convincing the insurance company you aren't faking it and that their driver injured you.
- 9) Preserve your evidence. If you are like me, you probably want to start rebuilding your beautiful bike back up to it's original glory. **DON'T DO ANYTHING TO IT!** Leave your bike in exactly the state it was in after the crash. Have your mechanic document an expert opinion on the cost of repair or replacement. Leave it in that state until after insurance claims are settled.
- 10) Get legal help. Most cyclists aren't aware that they can get their damaged bikes repaired or replaced by insurance and all their medical bills covered. Many of us have a negative impression of hiring an attorney because of the stereotypes you see on TV shows. However, an experienced attorney is an irreplaceable advocate for you to get you back on your feet, back on the saddle and maybe even on a new bike.



## What Our Clients Have to Say About Us

*"I was by a car while riding my bicycle. Sariol demonstrated knowledge of traffic laws... I would recommend Sariol Legal to any of my cycling friends."*

-Matt H. (Cyclist) 

*"Big thanks to Sariol Legal Center for helping me with my accident a few months ago. I had no idea what my rights were as a cyclist. Highly recommended Sariol Legal to any cyclist or vehicle caught up in a crash."*

-Jason P. (Cyclist) 

*"Thanks Sariol Legal for all of your hard work on my case. I was on my way to a cycling camp, and the driver of the van was involved in an accident. You were able to recover far more than I ever expected and was able to get back racing quickly!"*

-Sasha R. (Pro-Triathlete) 

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For more information visit [Sariolcycling.com](http://Sariolcycling.com)

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