

A few simple things you need to know:

Helmets:

- Children/Youth who are 16 years old or younger MUST wear a bicycle helmet per Florida Law.
- Adults are not required by law to wear a bicycle helmet but are strongly encouraged to wear one for head protection and to set an example for children.
- Helmets must bear the CPSC (Consumer Protection Safety Commission) seal or label on the inside of the helmet to ensure the helmet has been tested for protection during impact.
- Helmets should be replaced every 3 – 5 years due to natural deterioration of materials.

Riding on the Road:

- Bicycles are considered “vehicles” in the state of Florida and therefore bicyclists must obey the same rules of that road that drivers do when riding on streets.
- Bicycles must ride in the same direction as cars, NOT *against* traffic.
- A bicyclist can take the *entire traffic lane* if
 1. Bicyclist can maintain a speed which does not impede traffic flow
 2. There is no bike lane on the road
 3. There is debris/obstruction on the side of the road
 4. There is a sign indicating “Bicycles May Use Full Lane”
 5. There is a bicycle “sharrow” in the middle of the traffic lane
- When there is a bicycle lane on the road, the bicyclist must use that bike lane unless there is debris/obstruction in the bike lane.

Florida Bicycle Laws & Safety Information – Florida Street Smarts:

http://web.archive.org/web/20120729130004/http://www.dot.state.fl.us/Safety/ped_bike/brochures/pdf/index.htm

Riding on a Sidewalk:

- In the state of Florida, bicycles may use the sidewalk unless there are posted signs indicating that bicycles are prohibited on the sidewalk
- Bicyclists on sidewalks must give the right of way to pedestrians.
- Must give an audible or ring a bell when approaching a pedestrian from behind.
- Must pass on the LEFT of a pedestrian saying “Passing on your LEFT”.
- Must ride single file when there are pedestrians or oncoming bicyclists.

Florida Bicycle Law on Riding on Sidewalks:

<http://flbikelaw.org/category/sidewalks-crosswalks/>



Videos to help you visualize riding in various situations – Produced by UM BikeSafe

YouTube Playlist Link: https://www.youtube.com/watch?v=j-mFhO4scPQ&list=PL27p6aWut82S5QLy3SQgBWh5lhTV_rsrO

Includes:

- 1-Riding Safely on Sidewalks
- 2-Riding on the Street: Claiming the Lane
- 3-Riding on the Street: Navigating Intersections
- 4-The Dangers of Riding Against Traffic
- 5-Riding Safely in Bike Lanes

For more information, contact **Bike305 Manager Sue Kawalerski**: kawaler@miamidade.gov or (305) 978-2233 and please visit Bike305.com and Bike305 Facebook Page for rides, events, bike safety resources, bicycle helmet fittings, and training programs.