



BIKER'S MANUAL

English Version





BEFORE THE RIDE

Use personal safety gear and equipment

Required Personal Gears/Equipment

- Properly-fitted helmet
- Breathable face mask
- Bright clothing or reflectorized vest
- Lamps and reflectors during night and low-light riding conditions.

Recommended Personal Gears/Equipment

- Shatter-resistant protective eyewear
- Bicycling gloves
- Closed shoes

Make sure your bicycle is in good riding condition

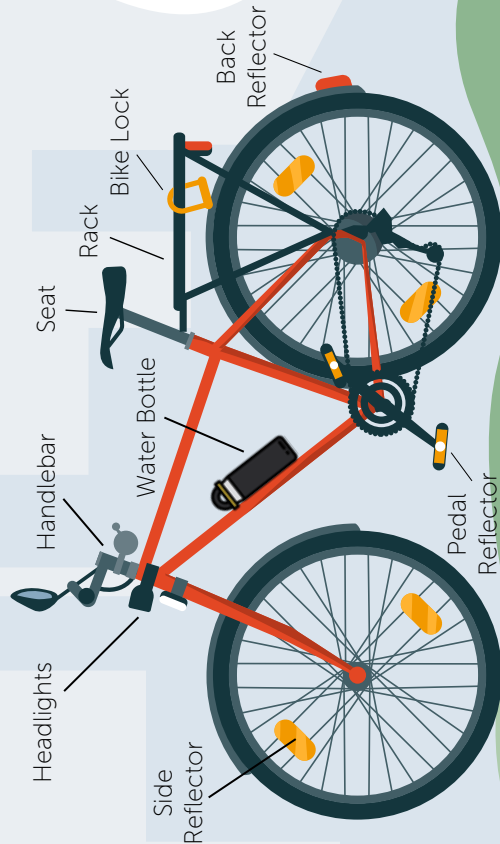
Check tire air pressure, brakes, and other moving parts (chains & quick releases)

Required Equipment

Lamps and reflectors required during night or low-light riding conditions such as a headlight, a tail light, reflectors, or other reflective materials.

Recommended Equipment

- Rear-view mirror
- Rear and/or front rack
- Water bottle cages
- Water bottle
- Audible signal devices (bell or horn)



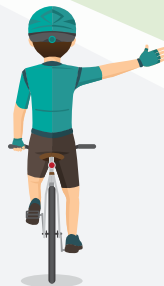
DURING THE RIDE

- Always **strictly obey** traffic regulations, traffic signs, and traffic signals.
- **Wear** safety gear and protective equipment through the ride.
- **Plan routes** before heading out to your destination.
- Always **prioritize and give way** to pedestrians.
- Observe **physical distancing**.
- In unsegregated bicycle lanes, ride **at least 1 meter** from parked cars when the road condition permits and always watch out for the unexpected opening of parked car doors.
- **Watch out for any obstacle** such as potholes or drainage covers when using the bike lanes.
- Always **look over the shoulder** (both sides) before making turns.

Bike Signals



Left



Right



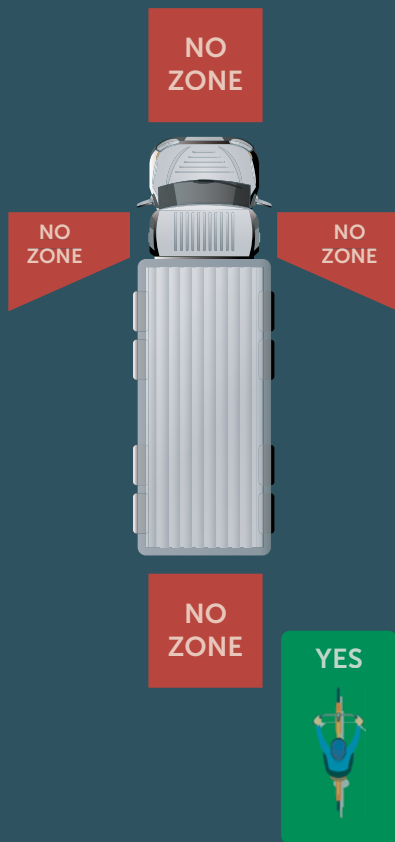
Hazard



Stop

DURING THE RIDE

- **Control.** It is required to keep at least one hand on the handlebars at all times.
- As much as possible, **travel in a straight line** with head up, looking one and a half to two blocks forward.
- **Take a rest** when feeling tired.
- Regularly disinfect bicycles after each use or upon reaching your destination.
- Be extra careful when biking in the rain.
Cycling in strong rain is not advised.
Seek shelter and wait out the rain before resuming, or make sure to use complete safety gear and reduce speed.
- **Be aware** of motor vehicles turning.
- **Be extra cautious** when riding close to a vehicle especially those with high seat position such as trucks, as they have limited line of sight for objects near their vehicle.

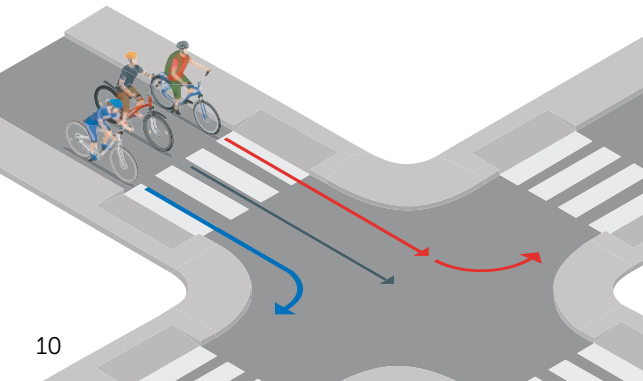


Road and traffic protocols

Always ride on the right, in the same direction as other traffic, but ride no closer than one (1) meter from parked cars to avoid being hit by an opening door.

Going through an intersection

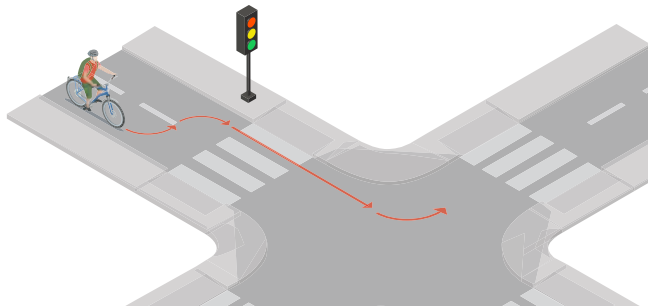
To go straight through an intersection, cyclists should ride in the lane that is closest to the right side of the road. Enter the intersection either ahead of or behind the vehicle in the lane. Do not approach or enter an intersection beside another vehicle.



Making a left turn

As a vehicle

In approaching an intersection, cyclists should look over their left shoulder for traffic, signal their turn, and when clear, move over to the left side of the lane (on a two-lane road), or into the left lane or the center-turn lane.



Cyclists should be positioned on the left lane so cars going straight through cannot pass you on your left. Yield to oncoming traffic before turning.

When riding in a bike lane, or on a road with several lanes, cyclists need to look and signal each time they are changing lanes.

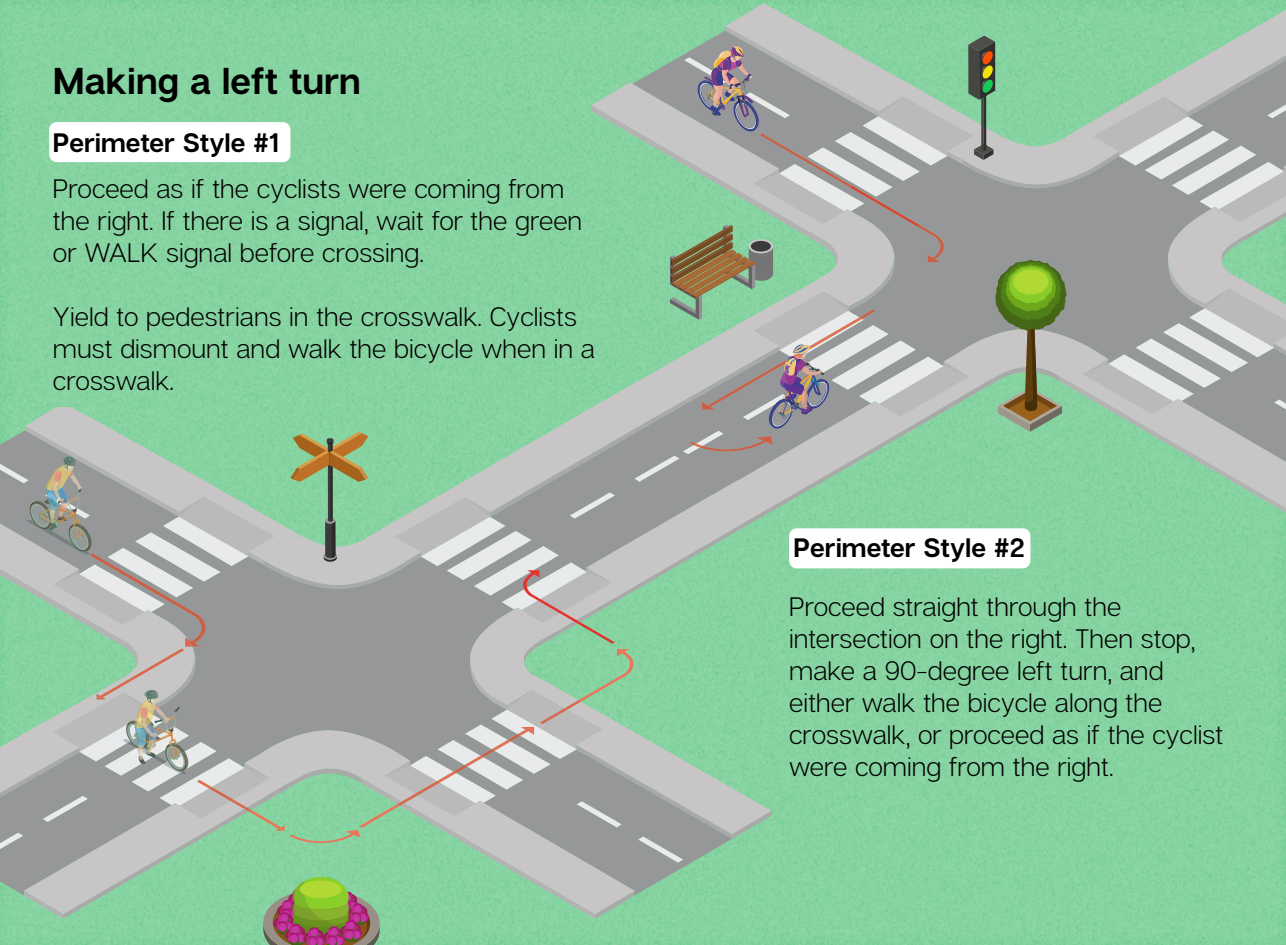
Never make a left turn from the right side of the road, even when in a bike lane.

Making a left turn

Perimeter Style #1

Proceed as if the cyclists were coming from the right. If there is a signal, wait for the green or WALK signal before crossing.

Yield to pedestrians in the crosswalk. Cyclists must dismount and walk the bicycle when in a crosswalk.

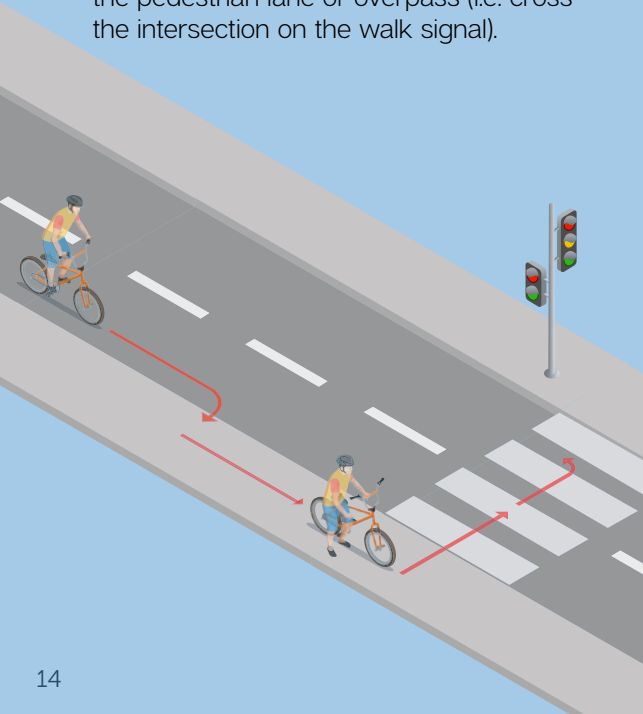


Perimeter Style #2

Proceed straight through the intersection on the right. Then stop, make a 90-degree left turn, and either walk the bicycle along the crosswalk, or proceed as if the cyclist were coming from the right.

Making a U-turn

Cyclists are advised to stop and dismount their bicycle, then cross safely by using the pedestrian lane or overpass (i.e. cross the intersection on the walk signal).



Passing



On the left

When passing vehicles on the left between intersections, cyclists should check over their shoulders first, then move into the middle of the lane and line up with the rest of traffic.

On the right

When passing vehicles on the right between intersections, cyclists should check over their shoulders first, then move into the middle of the lane and line up with the rest of traffic.



It is advisable to pass on the right when:

- You are in a bike lane
- The vehicle is turning left or indicating a left turn.

NOT to pass on the right when:

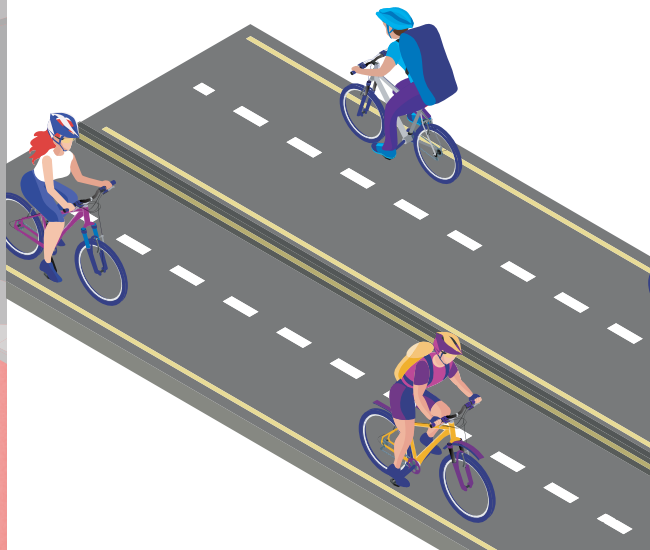
- The traffic is moving
- There is a street or driveway



Use extra caution when traveling in traffic with large vehicles such as buses and trucks. Avoid riding in their blind spots and be prepared for wide turns.

Guidelines for Bike Lane Use

- Bike lanes can only be utilized by bicycles and Light Mobility Vehicles/Personal Mobility Devices weighing not more than 100 kg.
- The maximum speed in bike lanes is 25 kilometers per hour.
- Counterflowing is prohibited on bike lanes.





Supporting Communities

For more information, please refer to
DOTr Department Order No. 2020-014

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