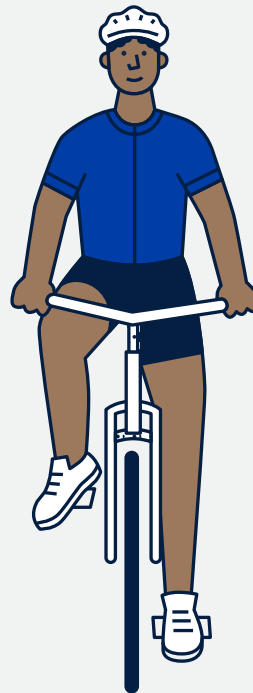
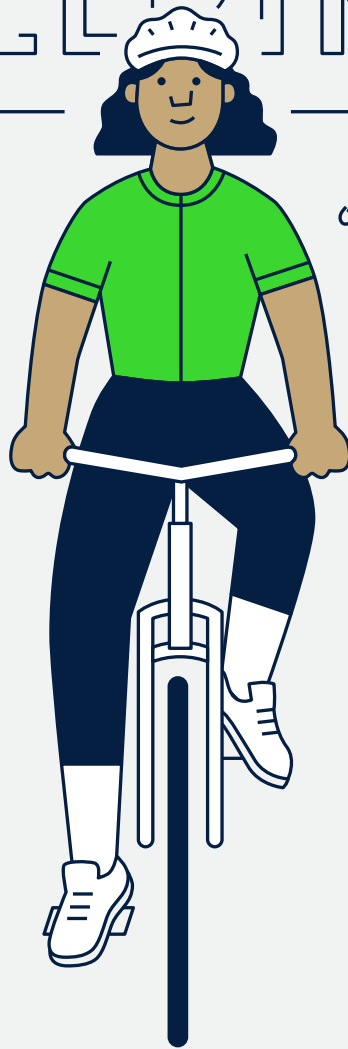


Safety Toolkit



BELLRINGER 23



BELLRINGER

Georgetown University
Lombardi Comprehensive Cancer Center

GEAR UP: END CANCER

OCTOBER 21, 2023 | [BELLRINGER.ORG](https://bellringer.org)



SAFETY FIRST

Safety is our top priority for BellRinger. We all play a big part in looking out for each other and staying safe on the road. BellRinger is not a race, and you will be riding on open roads with motor vehicle traffic. It's important to be prepared with the right gear and understanding of how to ride safely.

Use this Safety Toolkit as a reference for how to be safe and predictable when riding in BellRinger.



If you have additional questions about your safety while training or riding during BellRinger Weekend, please reach out to Chris Timko at Chris@BellRinger.org.



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Before You Hit the Road



WHAT TO WEAR



Helmet Fit

Wear your helmet at all times while on your bike. Helmets are required for BellRinger and all BellRinger Training Rides.

A well-fitting helmet should stay in place as you shake your head from side to side. To check your fit...

- 1 There should be a two-finger width between your eyebrows and helmet
- 2 The side strap should create a "Y" below your ear
- 3 There should be less than ½" between your chin and the helmet strap

Gear

Cycling jerseys and shorts can increase your comfort on longer rides and protect you as you ride at night or in inclement weather.

A few things you might consider wearing:

- 1 Bright colored clothing, reflective gear, and wearable or attachable lights
- 2 Cycling shorts with padding
- 3 Cycling shoes with cleats
- 4 Gloves
- 5 Sunglasses and sunscreen
- 6 Lights on your helmet or bike





WHAT TO PACK

Preparation

You should be prepared for safe riding every time you set out on your bike.



Pack a saddle bag with food, a cell phone, money, and riding tools. BellRinger Riders should know how to change a flat tire and fix a fallen chain.

Pack the right tools:



1 Tire levers



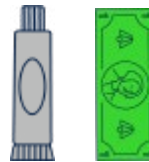
2 CO2 cartridges



3 Spare inner tube



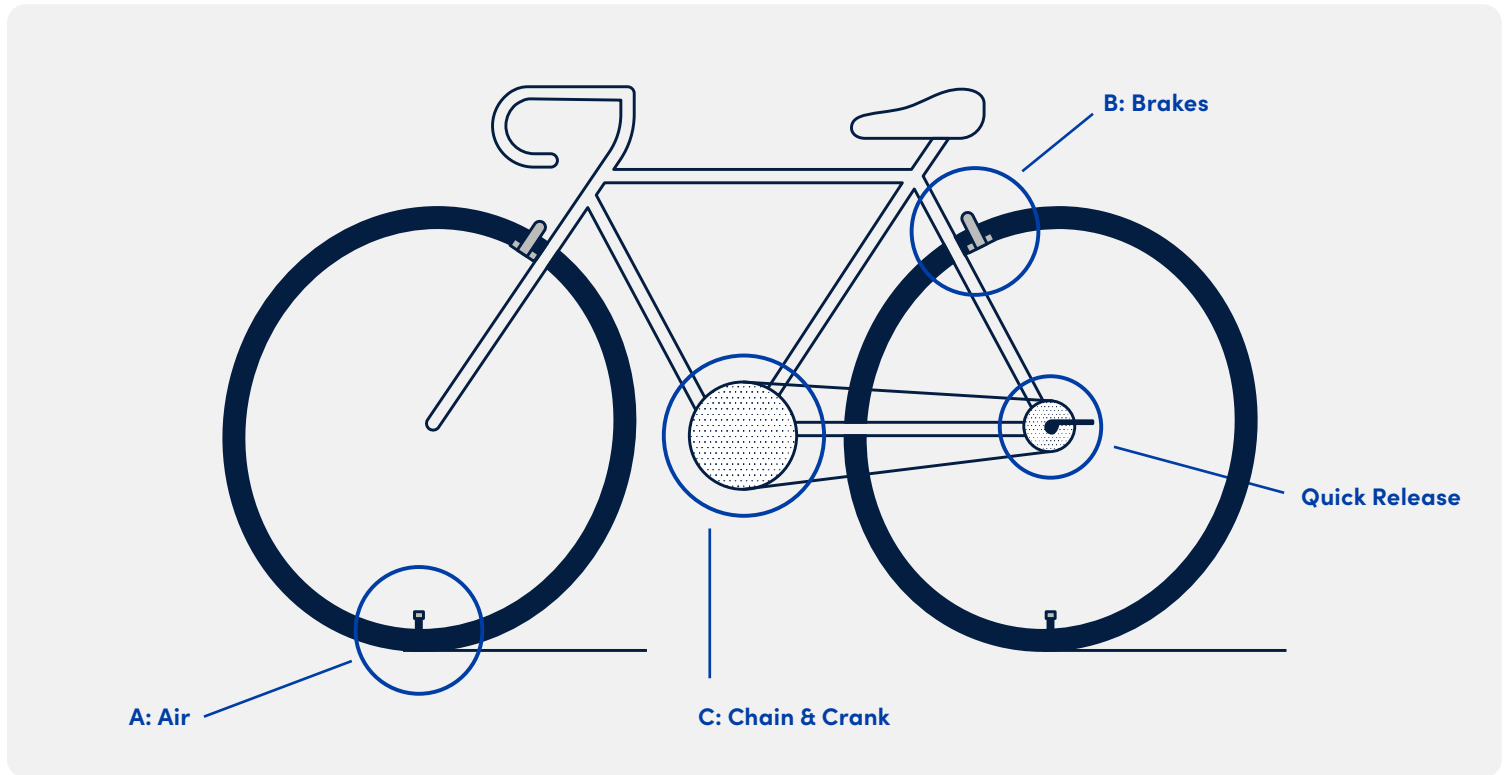
4 Multi-tool



5 Patch kit & dollar bill



ABC QUICK CHECK



Before you hit the road

A: Air

You should add air to your tires before every ride. Pump up tires 20 to 30 minutes before you ride to make sure there are no leaks.

B: Brakes

Spin your wheels and test the front and back breaks separately to ensure the wheel stops and your breaks are working.

When you are squeezing the brake all the way, see that you can fit your thumb between the brake lever and handlebar. If your brake lever is too close to your handlebar, it's time to replace your brake pads.

When your bike is upright, squeeze both brakes and try to push the bike forward. If the wheels can still roll, take your bike to a shop for an adjustment.

ABC Quick Check is an easy way to ensure your bike is road ready.

C: Chain & Crank

Pull your cranks away from the bike—if they are loose, tighten the bolt. Check that your chain is free of rust and gunk. You should oil your chain frequently.

Quick Release

If your bike has quick-release wheels, make sure the release levers are securely closed and pointing towards the back of the bike.

Check Overall

As you start your ride, do a final check that your bike is working properly: listen for rubbing, grinding, or clicking, check your brakes, and shift your gears.



Road Riding



RULES OF THE ROAD

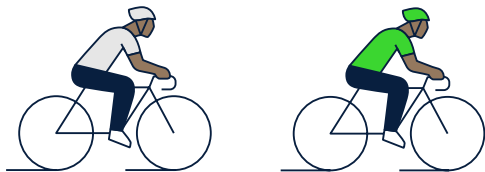
BellRinger will take place on roads leaving the District and riding into rural Maryland.

While busy roads will be closed to car traffic and we do not expect much traffic on quieter roads in the suburbs of Maryland, it is important for Riders to be aware of how to safely share the road with cars.

General guidelines



Follow the law: Cyclists have the same rights and duties as drivers. Obey all traffic signals and stop signs. When riding alongside traffic, use the rightmost lane in the direction you are going (with traffic).



Ride in formation: When riding in a group, never ride more than two abreast. When riding on a trail or on a road where cars are present, keep to single file. Keep a safe distance from those riding around you.



Be predictable: Make your presence and plan clear on the road. Always ride in a straight line and at consistent speeds. Signal your turns and check your surroundings often.



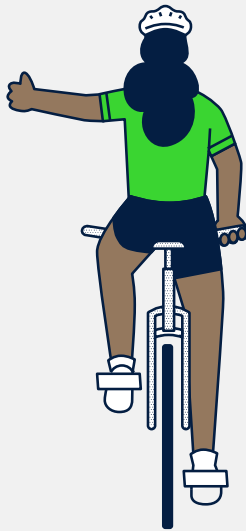
No phones: Do not use phones or headphones while on your bike. Keep your phone stored in your jersey pocket or saddlebag in case of emergency.



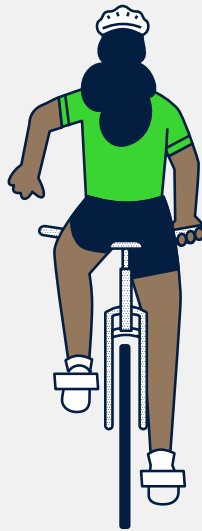
RULES OF THE ROAD

Signaling

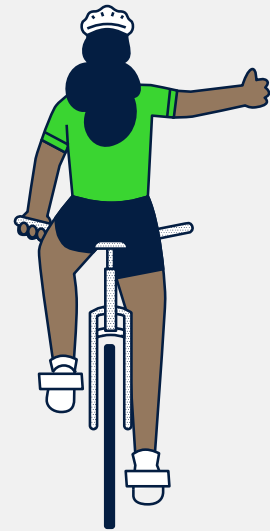
Use hand signals to let others know when you are turning, changing lanes, and stopping.



Left Turn



Slowing and Stopping

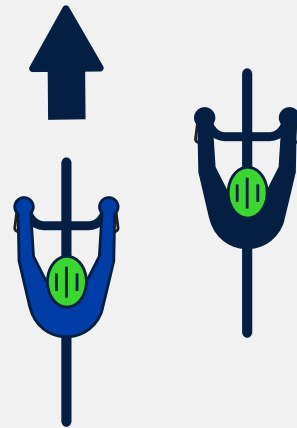


Right Turn

Passing

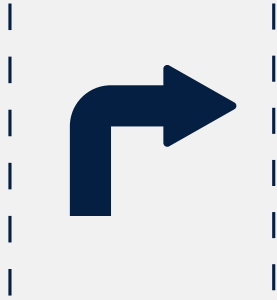
It is best to pass on the left of other cyclists and pedestrians, though if absolutely necessary, you can pass on the right.

Alert those around you by calling out “On your left” or “On your right” before passing.





RULES OF THE ROAD



Turning

When riding on roads, prepare for your turns well in advance of intersections.

Get in the correct lane and position yourself in the lane in respect to the direction you will be traveling.



Bike Lanes

Whenever possible, ride in marked or protected bike lanes—designated through striped or signed markers on the roads.

These lanes offer a layer of protection while on your bike, but it is important to treat bike lanes the same as you would other road lanes and continue to follow the rules of the road.



Railroads

If you come across a railroad crossing that runs diagonally across the road, adjust your direction to approach tracks at a right angle, or perpendicular to the tracks. Slow down when crossing and keep a firm hold of your handlebars with the front wheel straight.



During BellRinger Weekend



STAYING SAFE AT THE START



Avoiding Crashes

On large group rides, issues are most likely to occur in the first mile of the Ride.

While the BellRinger Team has taken many precautions to keep Riders safe at the start, there are a few important guidelines you can follow to keep yourself and others out of harm's way.

- Give space around you and be aware
- Signal what are you doing (e.g., stopping, turning)
- Keep both hands on the handlebars and brakes
- As you get going, there may be a bit of start and stop riding, so do not clip in until you reach a pace where you won't need to put your foot down
- Do not carry anything in your hands—water bottles, phones, etc.

What To Do in the Event of a Crash

Should you or a fellow Rider crash while riding in BellRinger, try to get everyone off the road if possible.

Do not try to move yourself or another Rider if they are seriously injured. Instead, direct traffic away from the incident and call for help. During BellRinger Weekend, if it is an emergency call 911 and follow up with the Rider Hotline. For minor bumps and bruises or mechanical issues, you can directly call the Rider Hotline to be transported to the nearest rest stop for medical care or a mechanical fix.



REST STOPS

Rest Stops

Rest stops will be positioned every 10 to 15 miles along the BellRinger route.

If you decide to visit a rest stop, be sure to signal that you are turning into the stop, as some Riders will not be stopping. Once you have turned into a rest stop, ride all the way into the rest area to avoid blocking traffic at the entrance. When leaving, be mindful of other Riders exiting the rest stop and be cautious merging back in with other Riders.



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