

SAFETY & COURTESY TIPS

Be a PAL on Arlington's Streets

As more people go on Arlington's Car-Free Diet, there are more cyclists and walkers sharing the street with drivers. Whether you're on two feet, two wheels or four wheels, everyone needs to be a PAL to safely share the streets.

Being a **PAL** means being:

Predictable – travel in a predictable way; don't make sudden, unexpected moves

Alert – pay attention to your surroundings and to others

Lawful – obey the traffic laws, whether in a car, on a bike, or on foot

The street scene below illustrates some useful safety and courtesy tips for walking, cycling and driving.

KEY Walking Cycling Driving

Diagram - Not to scale

Cross behind the bus in the crosswalk when available
 Yield for pedestrians in crosswalks

Ride along the middle of the sharrow chevron marking to stay out of the door zone

Sharrows signify that cyclists are likely to be present and have a right to share the road with vehicles

Ride at least 5 feet away from parked vehicles
 Look over your shoulder before opening your door

Cross the street at marked crosswalks and intersections; before crossing, look left, right, then left again.

Obey all traffic signals – bicycles are considered vehicles when traveling on the road

Obey all traffic signals; yield to pedestrians and cyclists in crosswalks and when turning right on red

Stand on the sidewalk when waiting to cross the street
 Do not block the crosswalk
 Do not block the crosswalk

Always ride in the same direction as traffic; use hand signals to communicate your intentions

Allow 3 feet when passing cyclists

Share the Streets: We're All in This Together

Whether you are walking, cycling or driving, it's important for everyone to be a PAL and respect each other's rights and space. A little courtesy will help everyone reach their destination safely.

For more information on how to safely share Arlington's streets, visit: Carfreediet.com, BikeArlington.com and WalkArlington.com.

Walking

- Begin crossing the street only on the "Walk" signal. Do not begin to cross after the upraised hand signal appears. Many Arlington intersections have "countdown" traffic signals that show how much time is left to cross.
- When crossing at an unsignalized intersection, make your intentions clear to drivers through eye contact or hand signals that show you plan to cross. Make sure drivers in all lanes can see you before starting to cross.
- Remember that bike riding is allowed on sidewalks in Arlington. Although cyclists are obliged to yield to pedestrians on sidewalks, try to make room for them to pass. There is room for all if everyone shows consideration.
- Stay visible after dark and in bad weather with lights, light-colored clothing and reflective gear.
- When sidewalks are not available, walk facing traffic.

Cycling

- Cyclists are safest when they act like and are treated like drivers of vehicles.
- Use bike lanes, trails and on-street routes when possible. Ride on sidewalks ONLY when necessary. Always yield to pedestrians when riding on sidewalks.
- Stay visible after dark and in bad weather with lights, light-colored clothing and reflective gear.
- Wear a helmet. Helmets dramatically reduce the risk of head injuries in a crash.

Driving

- Be careful when close to parked vehicles. Parked cars can obscure the presence of people about to enter the roadway.
- Obey posted speed limits. When in doubt, Arlington's default speed limit is 25 MPH in most neighborhoods.
- Yield to pedestrians and cyclists in crosswalks.
- Be especially attentive around schools, at intersections and after dark.