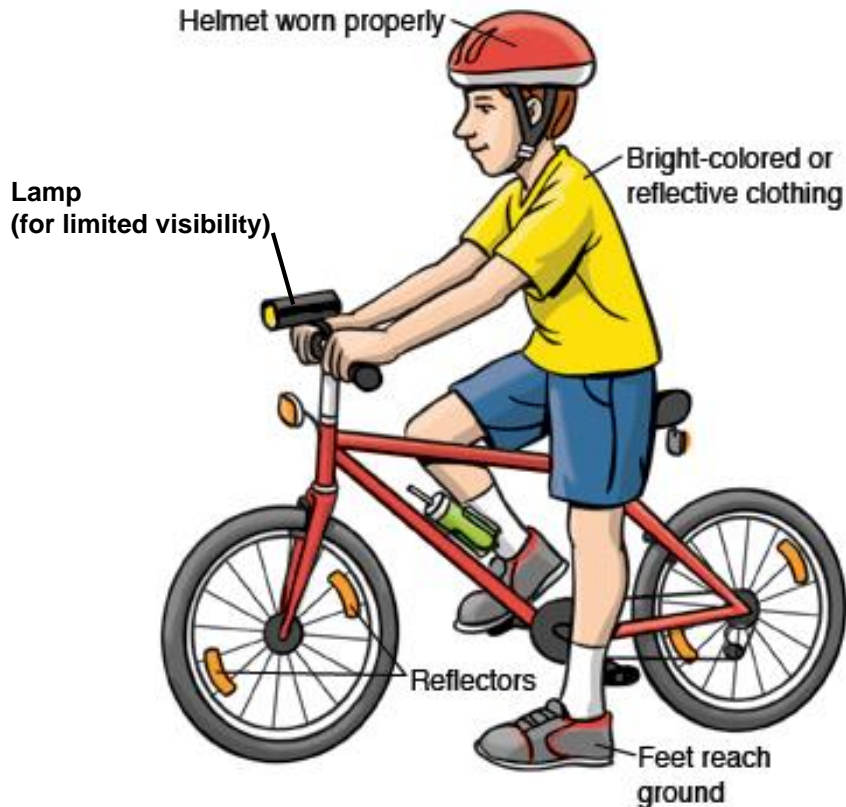


Bicycle Safety



- **Helmet** use is mandatory
- Brightly-colored/reflective outer gear
- Bike must have front lamp in hours of reduced visibility (300ft)
- Reflective equipment on pedals and/or tires/wheels (200ft)
- Riders must obey ALL vehicle traffic laws



Army regulation states helmets must be worn when riding bicycles on installations

Army Regulation 385-10, 11-11, states bicycle helmets approved by the Consumer Products Safety Commission **will be worn by all personnel, including Family members riding bicycles on Army installations.** When purchasing a new helmet, riders should look for headgear that meets or exceeds Consumer Product Safety Commission standards.

Using portable headphones, earphones, ear, or other listening devices while walking, jogging, running, skating, skateboarding, and bicycling, including pocket bike, MC, or moped, on DOD installation roads and streets, or adjacent to roadways or roadway intersections, is prohibited.

Use of Bicycle, Skateboard, Scooter, Hover Boards, Segways, Roller or In-Line Skates. Wearing protective headgear approved by the Consumer Product Safety Commission is mandatory for all personnel, including Family Members, while using powered and non-powered scooters, bicycles, skateboards, roller skates, and roller blades. Hand, elbow and knee protection is highly recommended for these type of activities. (Blue Book, 3-8 p9)

Local Policies: Garrison SOP, U.S. Army Hawaii Blue Book and Safety SOP No. IMHW-SO-385-1

