

I NEVER, EVER



I NEVER
go against traffic
or zigzag



I NEVER
use my cell phone when
I'm on the move



I NEVER
transport someone else
if I only have one seat



I NEVER
use headphones that isolate me
from road noise



I NEVER
transport objects
that limit my vision



I NEVER
hold on to other vehicles

I NEVER
ride under the influence
of alcohol or drugs



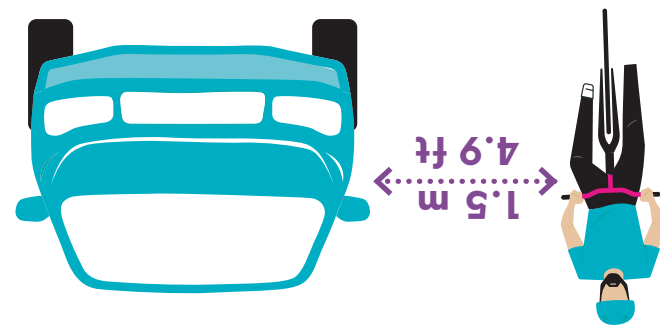
Review
the CDMX
Transit
Regulations
at

In secondary or neighborhood streets with intersections and traffic lights, you can cross without waiting for it to change to green, always with caution. Check that no pedestrians or vehicles are approaching and reduce speed.

CROSSINGS

Must remain unobstructed. Under no circumstance can they be occupied by parked or moving motor vehicles.

BIKE LANES



OVERTAKING VEHICLES
Cyclists must be overtaken by other vehicles by a distance of 1.5 meters (4.9 ft).

In case of violation of any rule of the RTCDMX, hitting a pedestrian, you can be referred to a Civic Judge.

INFRACTION

As cyclists we have, at the moment of turning, the right of way over motor vehicles.

PREFERENCE

The safest way to ride on the street is in the middle of the lane, where cars and trucks can see you.

WE CAN USE THE FULL LANE

If you travel by bicycle in the city you must know the most important rights for cyclists. Here we summarize the Transit Regulations and other relevant documents.

MY RIGHTS AS A CYCLIST

RIDING IS MORE THAN JUST COASTING



THE BICYCLE is a vehicle that must be used on the street, with its own characteristics



RIDE IN THE DIRECTION OF THE STREET AND BIKE LANE, never in the opposite direction



DO NOT RIDE IN LANES RESERVED EXCLUSIVELY FOR PUBLIC TRANSPORTATION such as the Metrobus



DO NOT RIDE ON THE SIDEWALK, this is only allowed for those under 12 years old and the police



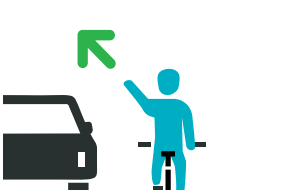
YIELD to pedestrians and respect their space



RESPECT STOP SIGNS on major roads, such as main arteries and avenues



At the traffic light, **WAIT BEHIND THE CROSSING** or in the moped box



WARN WHEN YOU TURN, extend your arm and use it as a turn signal



PASS ON THE LEFT and be careful with the doors of parked cars

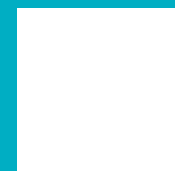


USE LIGHTS AND REFLECTIVE MATERIALS: red in back, white in front, a vest and accessories

Using a bicycle as a mode of transportation is a quick and convenient way to move with enormous advantages: you save time and money, exercise, avoid traffic and it is a zero emissions transport.

This guide will help you with this transformative phase. In it, you will find basic knowledge of safely riding to work, school or getting to know your city by bike.

Review the full guide:



CDMX CYCLIST GUIDE

LET'S RIDE!



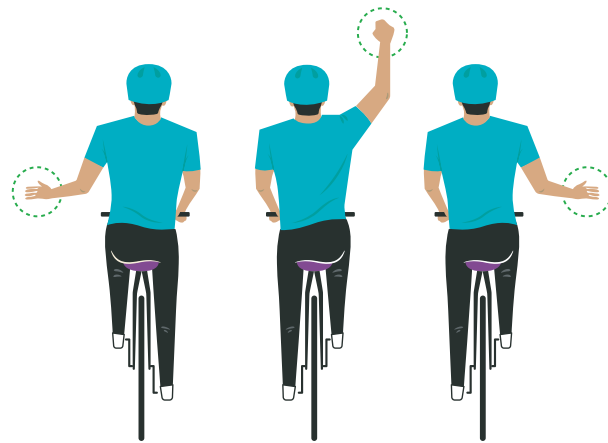
SHARING THE ROAD

RIDE SAFELY

Ride with courtesy, safety and without hesitation. Confident movements help others around you predict and respect your path. It is important that you take your place on the road, remember that you're also operating a vehicle and you have rights; use them without shyness but always with respect.

BE VISIBLE

As indicated in the Traffic Regulations, you must wear reflective elements and lights during the night to make it easier for people to see you. We also suggest you use a bell, whistle or horn to indicate your presence. If possible, establish eye contact with drivers, this helps both parties be aware that they are interacting with other people and not only with vehicles.



Left turn

Stop

Right turn

SIGNAL YOUR MOVEMENTS

Hand and body signals are a great communication tool, use them to indicate to drivers around you if you are going to turn or stop. To do this, practice taking off one hand from the handlebar without losing control of the bike.

USE LIGHTS AT NIGHT

The rear light is red and is used so cars can locate you; the front is white to light the way. Using them is not a suggestion but a mandatory rule of the Traffic Regulations. Before your first night ride, give yourself time to test the lights on a quiet street to know their reach.

AVOID CONFLICT

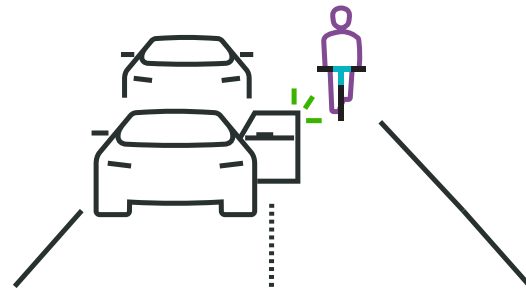
The conditions in which we ride, as well as personal, economic, family or social problems can cause us stress. With courtesy and a smile, you can prevent unpleasantness. Let's be empathetic, breathe and try to stay calm. Appeal to traffic officers so that they can impose infractions or punish those who commit a violation of the regulations or endanger your integrity.

DOORS AND BLIND SPOTS

There are two recurring incidents among cyclists and motor vehicles: being hit by opening doors and, less frequently, collisions with buses and cargo trucks, due to the vehicles' blind spots. In both cases, there is information that you can keep in mind to prevent them.

WATCH OUT FOR DOORS

When you are riding on a street where there are parked cars try not to ride too close to them, because if a door suddenly opens you will not be able to avoid it. We suggest you leave at least one meter (3 ft) between your bike and vehicles.

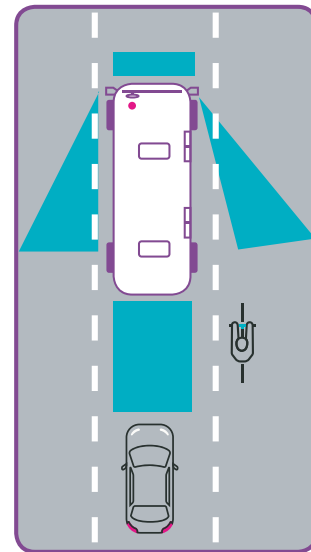


One way to know if there are people that might get out of a car is by looking at its rearview mirrors.

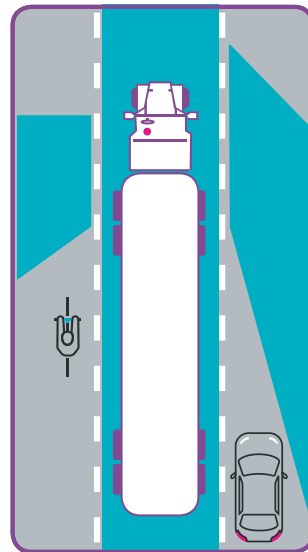
BLIND SPOTS

These are areas of the road that are not within the view of side and rear mirrors of a motor vehicle. While vehicles are in motion, these zones accompany them and, depending on the length of the vehicle, can be large enough to not be able to see a whole car.

BUS BLIND SPOTS



SEMI-TRAILER BLIND SPOTS



The easiest way is to make eye contact with the driver by using their mirrors. By doing this you will make sure that you are out of their blind spot, that they can see you and adjust their movements.

PASSING IN SHARED LANES

PEDESTRIANS

Respect and watch for pedestrians. The bike lane is not designed for them, but sometimes they use this space.

Yield to the handicapped or people in wheelchairs if you encounter them in the bike lane.

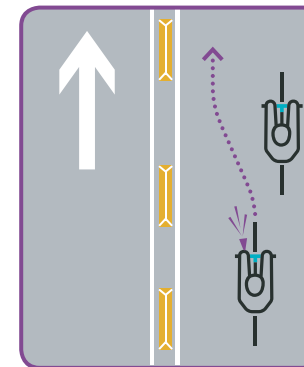
At crossings and traffic lights do not obstruct the passage of pedestrians. Stay in the bike/motorcycle box or behind the pedestrian crossing.

The platforms for getting on and off public transit are a shared space, pedestrians have preference.

PASSING CYCLISTS

Move to the right side of the lane and allow other bikes to pass on the left.

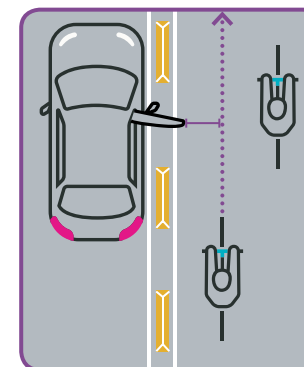
Warn when you are going to pass. You can use the bell, a whistle or shout to announce your presence. Be alert to listen or watch for cyclists behind you to prevent collisions.



INTERACTING WITH CARS

Pay attention to cars parked next to the bike path, someone can open the door or get out. Reduce speed and give yourself space to pass them.

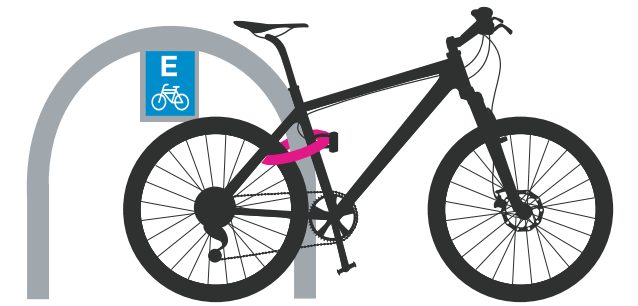
Beware of parking lot exits. If you see a car leaving, ring the bell, shout or whistle so they notice you.



PADLOCK AND TOOLS

A good padlock

In addition to finding a safe place to park, get one or two locks. These are classified according to the level of resistance they have, that is, the degree of difficulty in opening them. Currently the security levels are from 1 to 15 and, depending on the type of lock, you might need to get a chain. The minimum security level starts from 7.



No matter where you are parked, lock the chain around three elements: the tube of the bike parking rack, the bike frame and rear tire.

BASIC TOOL KIT

Although there are more and more bike shops, it is important that you learn basic mechanics and carry your own tools to make quick repairs like patching an inner tube; this is a brief list of tools:



15 MM WRENCH OR ADJUSTABLE SPANNER



HAND PUMP



GLUE AND SANDPAPER



PATCHING KIT



ALLEN WRENCH SET



TIRE LEVER SET