

## **ON-CAMPUS BIKE SAFETY**

## Amway Rules

- 1. Bikes are not to be ridden between dusk and dawn.
- 2. Observe the no bike zones.
- 3. Do not use cell phones or other devices while operating the bikes.
- 4. Do not remove bikes from the Ada campus.
- 5. Wear proper attire to ensure it does not get tangled in the chain.
- 6. Return bikes to designated racks/locations when finished using.
- 7. You are encouraged to wear a helmet. You can bring your own or utilize available helmets.
- 8. Inspect the bike before each use to ensure it is safe to ride.
- 9. Do not ride the bikes in the office, manufacturing plants or trailer pads.
- 10. Bikes are not to be ridden by family, friends or anyone who does not work at Amway.
- 11. Do not park bikes in front of any entrance or blocking traffic.
- 12. Wipes are available to clean the bike before/ after use; please dispose of wipes in the nearby trash cans.
- 13. Please report any bike issues to the Optimal You Fitness Facility at ext: 7710 or email: fitness\_facility@amway.com.

## Road Rules

- 1. Observe all traffic laws.
- 2. Ride WITH traffic at all times.
- 3. Move to the side when traffic approaches.
- 4. Stop at every stop sign.
- 5. Avoid riding on sidewalks and walking paths.
- 6. Stay out of vehicle blind spots.
- 7. Ride single file in heavy traffic and not more than two abreast otherwise.
- 8. Do not pass to the side of vehicles at intersections.
- 9. Stay on main roadways. Do not ride in parking lots, trailer pads or construction areas.
- 10. Ride one person per bike.
- 11. Use proper turn signals.
- 12. Riders must use both hands when not signaling to turn.



EMPLOYEE SAFETY IS THE ULTIMATE PRIORITY

Amway