

SUGGESTED SAFE BIKE RIDING RULES

(Courtesy of the Bicycle Manufacturers Association of America, Inc.
and the NYS Department of Health)

1. Obey all applicable traffic regulations, lights, signs and markings.
2. Observe all state and local ordinances pertaining to bicycle operation.
3. Wear an approved helmet for protection. In New York this is the law for bicyclists 14 years of age and younger.
4. Keep to the right; ride with traffic, not against it. Ride single file.
5. Watch out for drain grates, soft shoulders and other road surface hazards.
6. Watch out for car doors opening, or for cars pulling out into traffic.
7. Ride one to a bike. Do not carry packages that interfere with your vision or control.
8. Never hitch a ride on a truck or other vehicle.
9. Be extremely careful at all intersections, particularly when making a left turn.
10. Use hand signals to indicate turning or stopping.
11. Use a horn or a bell to make your presence known.
12. Protect yourself at night with reflectors, headlight and taillight. Consider using additional lighting and reflective bands, vests and clothing to increase your visibility.
12. Ride a safe bike. Have it inspected to ensure good mechanical condition.
13. Ride your bike defensively; watch out for the other guy.
14. Remember to always be courteous to your fellow bikers.



LONG ISLAND STATE PARK HEADQUARTERS

P.O. BOX 247, BABYLON, NEW YORK 11702 (631) 669-1000

Bike Paths



LONG ISLAND STATE PARK REGION

FOR YOUR ENJOYMENT ...

Paths have been established in several of the Long Island State Parks and along parkways for the use of bicyclists and pedestrians. Bicyclists are asked to exercise caution so that pedestrians will not be endangered. Please note that bicyclists fourteen years of age and under are required by law to wear approved bicycle helmets.

PARKWAY PATHS

Hard-surface paths parallel the following State Parkway:

- Northern State Parkway from Meadowbrook Parkway east to Wantagh State Parkway
- Wantagh State Parkway from Northern State Parkway south to a point near Sunrise Highway
- Wantagh State Parkway from Cedar Creek County Park (located on Merrick Road, just east of Wantagh State Parkway) south to Parking Field #5 at Jones Beach State Park
- Bethpage State Parkway from Southern State Parkway north to the Bethpage State Park traffic circle

PARK PATHS

There are paved paths in Belmont Lake, Bethpage, Governor Alfred E. Smith/Sunken Meadow, Heckscher, Hempstead Lake, Jones Beach, Orient Beach and Valley Stream State Parks. Some of these paths connect the picnic areas, bathhouses and other developed sections of the parks and some follow streams or are located through woodlands. Maps of each of the park paths are included in this brochure.

Consider the following facts:

- Each year, about 50 New York State residents are killed in bicycle crashes.
- Each year, about 2,200 New York bicyclists are hospitalized for injuries due to bicycling mishaps. Of these hospitalizations, approximately 38 percent involve a brain injury.
- Nearly 75 percent of bicyclists injured nationwide are hospitalized for treatment of head injuries. Those who survive have only a 33 percent chance of recovery without disability.

Why wear helmets?

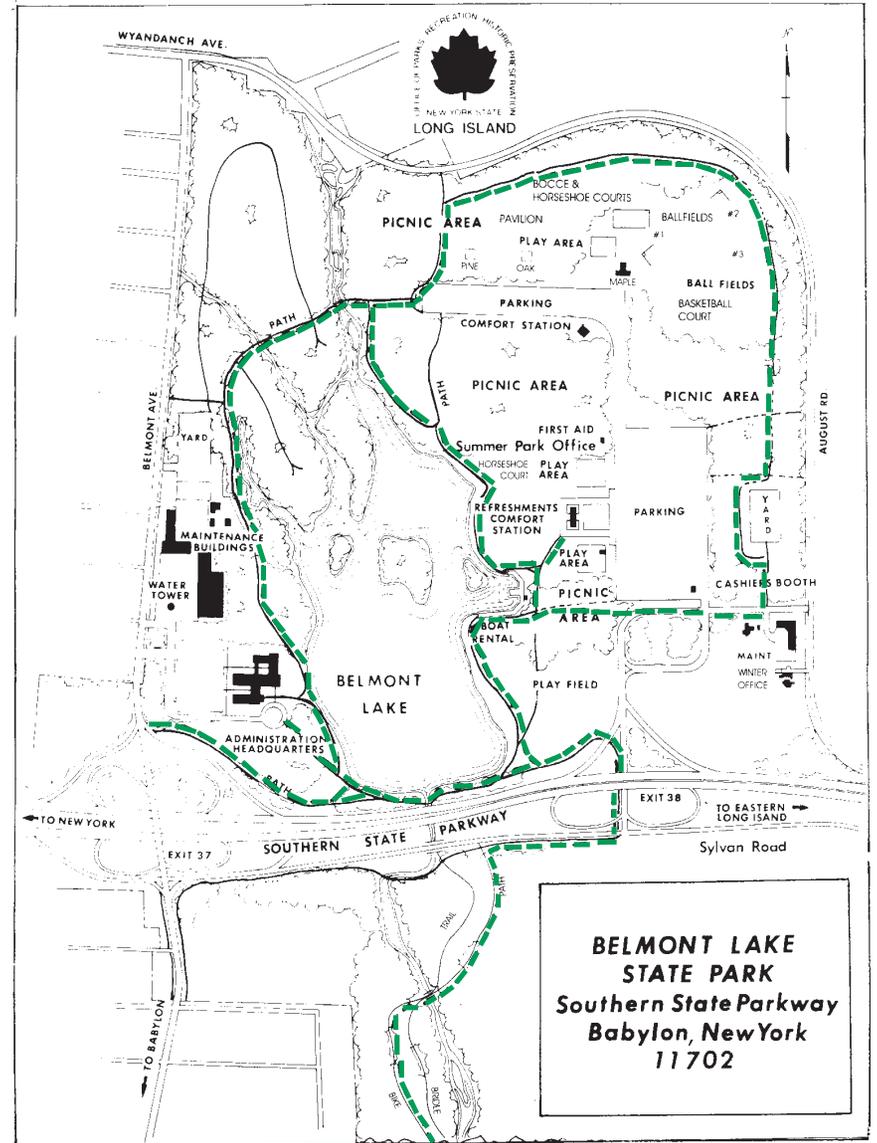
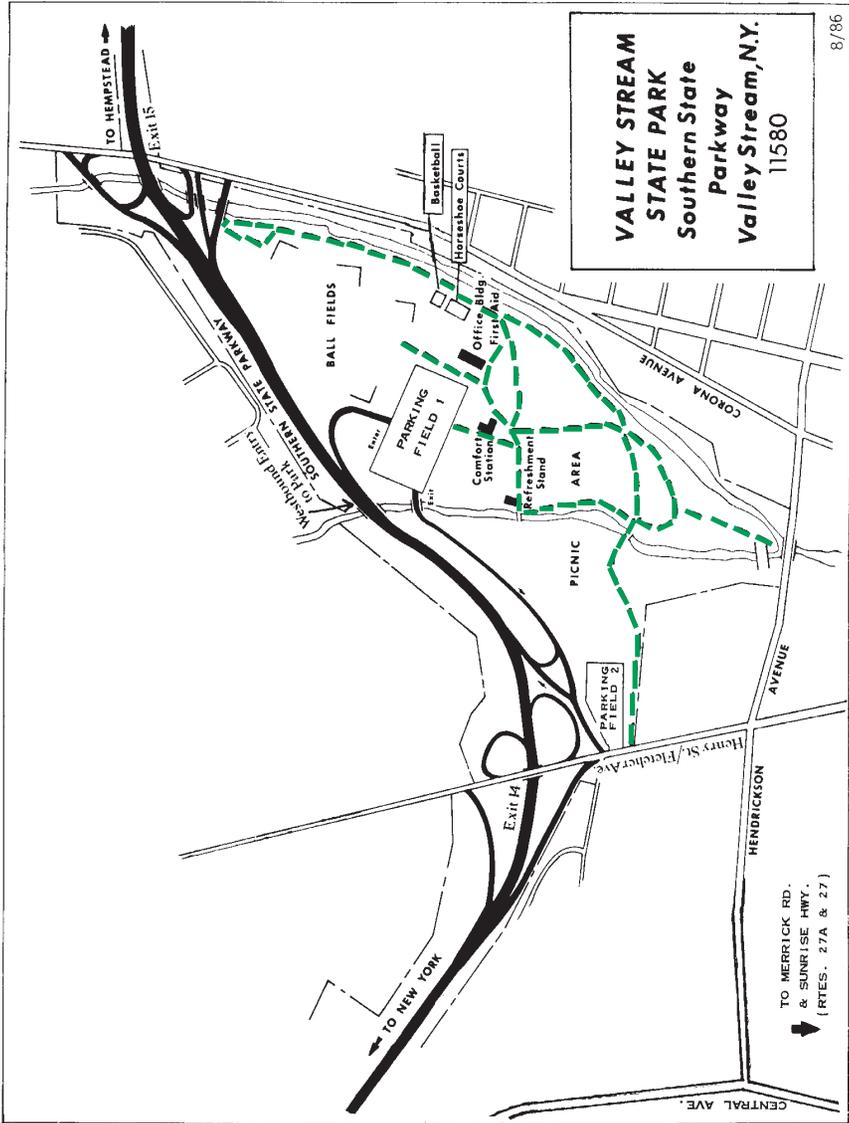
- Professional and amateur athletes in many sports wear helmets. Football, hockey and even baseball players wear helmets. Cyclists need protection for the special risks they face, too.
- Brain injuries are usually the most serious injuries a bicycle rider will sustain. Helmets prevent many of these injuries or reduce their severity.
- Studies in the U. S. and elsewhere have shown that bike riders wearing helmets are less likely to suffer brain injuries than those who don't.
- Bicycles, even when in the hands of young children, can be rapidly moving vehicles, easily reaching speeds of 20-miles per hour or more.
- Compared to the dollar and human cost of brain injuries, helmets are inexpensive insurance.

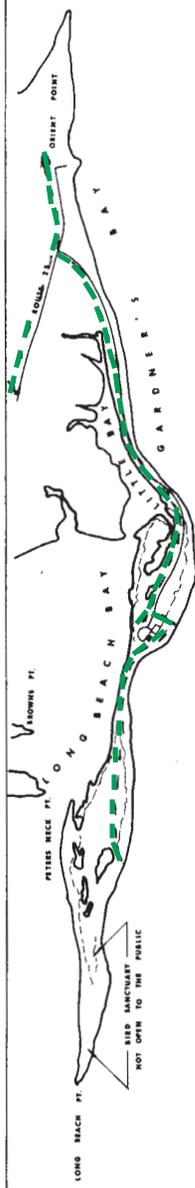
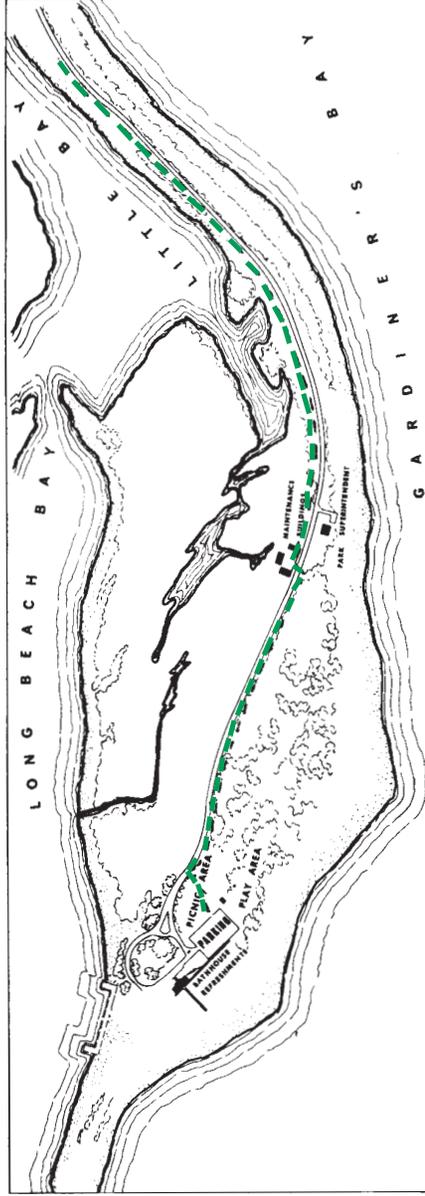
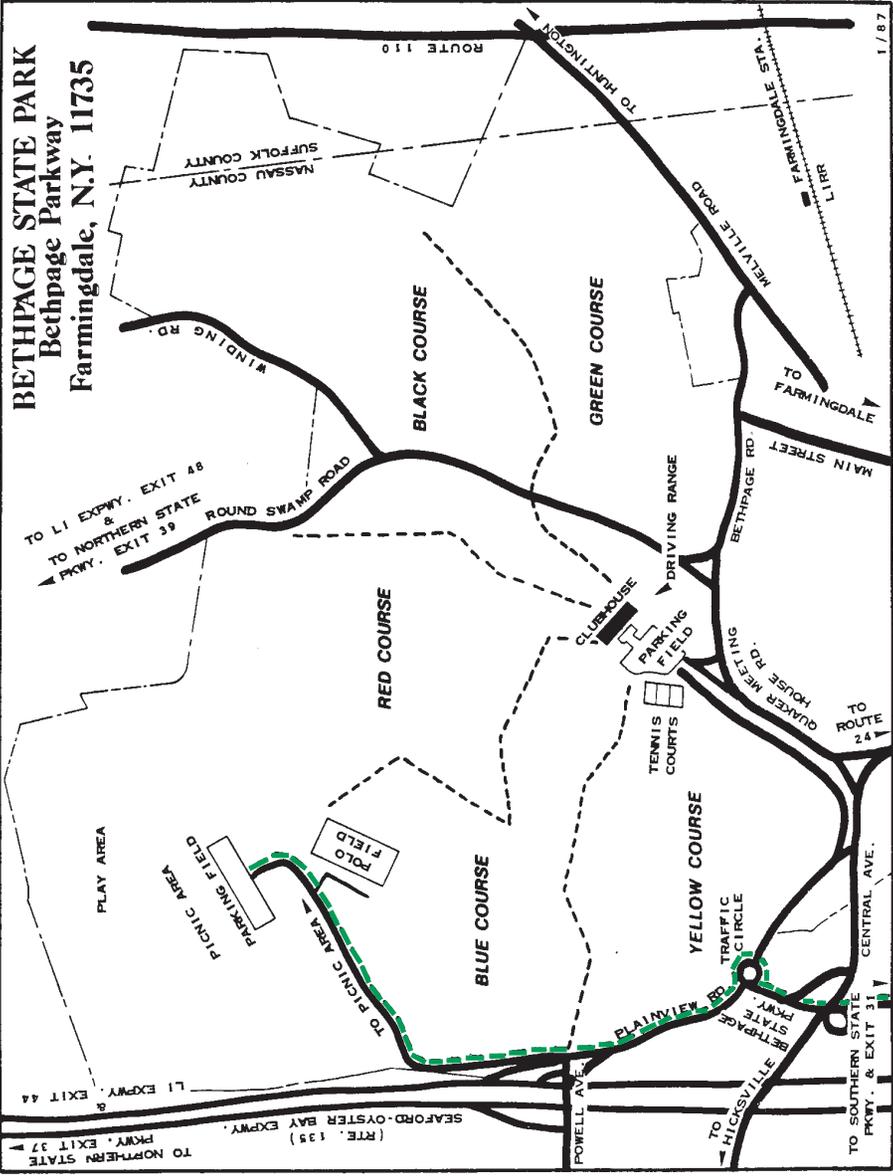
How can helmets help?

- When your head hits the ground, your skull stops but your brain continues to travel crashing against the skull. The impact of the brain against the skull bruises and damages delicate brain tissue. It often results in lifelong changes in the way you think, act, feel and move.
- Helmets absorb the shock of the impact, and prevent or reduce the severity of the crash between the brain and skull.

What should you look for when buying a helmet?

- Only buy helmets that have passed the American National Standards Institute (ANSI), American Society for Testing and Materials (ASTM) or Snell Memorial Foundation safety tests. Both hard and soft shell helmets undergo testing by these organizations.
- A helmet must be constructed with thick, firm polystyrene or other shock-absorbing material. This is the essential safety ingredient. It is the polystyrene that crushes on impact to absorb the shock of the fall and reduce the likelihood of brain injury. Many helmets have foam pads. These are used for comfort and sizing. They do not provide crash protection.
- A helmet must have a strong strap and fastener to assure it will stay on in a crash.
- Try on a helmet and adjust the straps to fit snugly. The helmet should cover the top of the forehead to be in the proper position. It should have only limited movement front to back and up and down. If the helmet cannot be adjusted to minimize both types of movement, try another size, style or brand. A helmet that isn't worn properly won't protect a rider in a crash.
- If you fall and hit your head, your helmet has served its purpose. Don't use it again. Your helmet's essential shock-absorbing material that protects your head in a crash may not retain its cushioning properties after a fall. That damage is not always apparent. Either have your helmet checked by the manufacturer to make sure it's still usable or buy a new one.





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