

According to the California Department of Motor Vehicles, "defensive driving requires all drivers to think ahead." So, a defensive driver is a prepared driver – one who's aware and engaging with all of the goings-on around him or her. In short, a driver who's texting, talking to a friend, and only occasionally focusing on the road is not a defensive driver. Here we will look at some of those things that will make us better prepared.

6.1 Defensive Driving

Here are some tips to help you become a driver who is aware and engaging with all that is going on around you while driving. Planning is just one piece of the puzzle to being a defensive driver. Planning trips may not sound like a very important part of defensive driving, however, it takes more than just picking a destination and then packing the car full of fun eats and starting out bright and early to avoid any traffic. It requires a bit of preparation beforehand. Here are seven tips for planning a successful **road trip**:

Plan a Route Ahead of Time: Yes, most of us have GPS systems built into our phones these days, but that does not mean that you should not take some time before you leave to plan out a route. If you plan out your route, rather than simply going for the fastest or most direct route offered by Google, you can make sure that you hit the coolest roads, best roadside attractions, or even avoid construction or bad roads along the way.

Checking Road Conditions/Construction - No one wants to be stuck in traffic, which is why having a traffic app on your smartphone is an absolute necessity. Whether you are commuting to work daily or planning to rent a car and drive in a high-traffic city or area, there is likely a traffic app for your needs. The traffic functions are usually integrated into existing navigation apps, giving you real-time estimates of travel time and in some cases, real-time traffic situations and alternate routes.

Whether on a stroll, road trip, or just a typical afternoon cruise, having the foresight of the circumstances or geographic state along your route or destination could save you a great deal. We check on-road condition to:

- To know what traffic incidents have occurred and could hinder or delay our journey.
- To receive guidance on real-time traffic prone routes, buildups, and alternative routes to avoid being caught up.

Staying alert on a road check service keeps you ahead of the game in terms of knowing what to expect and how to counter or adapt to your findings. From red alerts of slippery roads to shaky grounds, this system makes journeying confident and fulfilling.

Conducting a road check can help make a trip safer and enjoyable. It comes in handy, especially during a time of fluctuating weather conditions. The following are various ways to check road conditions:

- Using a turn-by-turn navigation apps – These are applications that provide real-time traffic and road conditions. An example of such apps is Google Maps, Apple Maps and Waze, which covers any locality globally. These apps are in app stores for any devices.
- Checking local news websites – These provide up to date news on road conditions, causes and possible diversion routes. Some news websites provide interactive maps that can aid in navigation.

Planning Trips: Packing

So, you're ready to take a road trip. You and the family have been cooped up for a while since the pandemic and you're now ready to get out. Since airlines are periodically cancelling flights, a nice road trip appears to be the next best option because you get to see the country from your car window. For this trip to be a success, here are some essential road trip packing items:

License and registration - Obvious. Do NOT leave home without them. They are the ultimate road trip essentials!

A copy of your car insurance policy and the relevant contact numbers - Hopefully you won't need to use your insurance but keep a copy in the car just in case.

Your car's manual - Because you never know what light might refuse to turn off when you're out of wifi range!

Spare tire - and check the one you have is in good condition before you set off.

Roadside Emergency Kit - This car emergency kit contains Battery Booster Cables, 2 Light Sticks, Reflective Vest, Emergency Rain Poncho, Warning triangle, whistle, Tire Pressure Gauge, Window Breaker etc. This all in one kit has you covered for any possible eventuality.

Break Up the Driving: When you are driving on long road trips, one can easily get tired or burned out, which can create a dangerous environment for you, your passengers, and others on the road. Make sure that you have other drivers on hand to share the work, and even if that is not possible, take regular rest stops along your journey—besides, you never know what you might see if you do!

Drowsy driving kills! In 2023, there were 633 deaths from drowsy-driving-related crashes. These were preventable. (NHTSA)

Fatigue has costly effects on the safety, health, and quality of life of the American public. Whether fatigue is caused by sleep restriction due to a new baby waking every couple of hours, a late or long shift at work, hanging out late with friends, or a long and monotonous drive for the holidays – the negative outcomes can be the same. These include impaired cognition and performance, motor vehicle crashes, workplace accidents, and health consequences.

Sleepiness can result in crashes any time of the day or night, but three factors are most commonly associated with drowsy-driving crashes.

Drowsy-driving crashes:

1. Occur most frequently between midnight and 6 a.m., or in the late afternoon. At both times of the day, people experience dips in their circadian rhythm—the human body’s internal clock that regulates sleep;
2. Often involve only a single driver (and no passengers) running off the road at a high rate of speed with no evidence of braking; and
3. Frequently occur on rural roads and highways.

How to avoid drowsy driving:

1. Getting adequate sleep on a daily basis is the only true way to protect yourself against the risks of driving when you’re drowsy. Experts urge consumers to make it a priority to get seven to eight hours of sleep per night.
2. Before the start of a long family car trip, get a good night’s sleep, or you could put your entire family and others at risk.
3. Many teens do not get enough sleep at a stage in life when their biological need for sleep increases, which makes them vulnerable to the risk of drowsy-driving crashes, especially on longer trips. Advise your teens to delay driving until they’re well-rested.
4. Avoid drinking any alcohol before driving. Consumption of alcohol interacts with sleepiness to increase drowsiness and impairment.
5. Always check your prescription and over-the-counter medication labels to see if drowsiness could result from their use.
6. If you take medications that could cause drowsiness as a side effect, use public transportation when possible.
7. If you drive, avoid driving during the peak sleepiness periods (midnight – 6 a.m. and late afternoon). If you must drive during the peak sleepiness periods, stay vigilant for

signs of drowsiness, such as crossing over roadway lines or hitting a rumble strip, especially if you're driving alone.

Another strategy that some states have employed is the use of rumble strips on the roadway shoulders. The strips, which are raised or grooved patterns in the pavement, create an audible rumbling sound and a vibration in the steering wheel when a vehicle drives over them. The sound and vibration can wake a sleeping driver-giving him or her time to regain control of the vehicle.

Short-term interventions:

1. Drinking coffee or energy drinks alone is not always enough. They might help you feel more alert, but the effects last only a short time, and you might not be as alert as you think you are. If you drink coffee and are seriously sleep-deprived, you still may have "micro sleeps" or brief losses of consciousness that can last for four or five seconds. This means that at 55 miles per hour, you've traveled more than 100 yards down the road while asleep. That's plenty of time to cause a crash.
2. If you start to get sleepy while you're driving, drink one to two cups of coffee and pull over for a short 20-minute nap in a safe place, such as a lighted, designated rest stop. This has been shown to increase alertness in scientific studies, but only for short time periods.

State	Learner's Permit	Restricted License	Full License
Alabama	15	16	17
Alaska	14	16	16, 6 mos.
Arizona	15, 6 mos.	16	16, 6 mos.
Arkansas	14	16	18
California	15, 6 mos.	16	17
Colorado	15	16	17
Connecticut	16	16, 4 mos.	18
Delaware	16	16, 6 mos.	17
District of Columbia	16	16, 6 mos.	18
Florida	15	16	18

Check State Driving Laws and Stick to the Limit: Although most driving laws are the same nationwide, there are some things, such as phone use while driving, that differ as you travel state to state. Look up the relevant state laws before you travel and save yourself some unnecessary hassle. Furthermore, while it can be tempting to put your foot down and blaze across the country, a lot of interstate roads are speed traps, and you will regret it if you end up with an expensive speeding ticket along your journey.

One of the first things to be aware of is that there are generally two types of law – federal laws, which apply to the whole country, and state laws, which vary depending on the state you are in.

The majority of traffic laws are set at a state level, which means that they vary depending on the state you are in – things like speed limits, age limits and drink or drug driving laws.

Here are some things to consider when driving interstate:

Legal Age to Drive – The age at which you are legally allowed to drive alone on a full driving license in the US varies by state but falls between 16 and 18 years of age.

Cell phone use – In California, hand-held cell phone use while driving is prohibited. It's distracting and dangerous and really isn't worth it. Also, tickets can be very expensive.

State	Total handheld device ban applied to:	Any cell phone use by driver prohibited if:
Alabama	16 and under, and 17 w/ temporary license or if licensed under six months (primary violation)	
Alaska		
Arizona	All (primary violation) ^[8]	
Arkansas	18–20 years old (primary violation)	under 18 (secondary violation)
California	All (primary violation) ^[9]	under 18 (secondary violation)
Colorado		on learner's permit or under 18 (primary violation) ^[9]
Connecticut	All (primary violation)	under 18 (primary violation)
Delaware	All (primary violation)	on learner or intermediate license (primary violation) ^[9]
Florida ^[10]	School zones and active construction zones(primary)	
Georgia	All Drivers (primary violation)	Under 18 (primary violation)
Guam	All (primary violation)	
Hawaii	All (primary violation) ^[11]	under 18 (primary violation)
Idaho		
Illinois	All (primary violation)	any driver under 19 (primary violation)

Some states don't allow any hand-held cell phone use when driving, others forbid texting and internet use, while permitting cell phone use, and others have no restrictions at all.

Seat belt and Car seat Laws - Nearly all the states have specific laws regarding child constraints, which vary depending on the size of your child. In most states, you will need to be using either a car seat, a booster seat, or an adult-sized seatbelt for your child, depending on your child's weight. Some states also regulate the positioning of the car seat or booster seat, such as it must be in the back seat or should be forward or rear-facing.

State	SEAT BELT LAW				CHILD SEAT LAW			
	Initial effective date	Primary enforcement?	Who is covered? In what seats?	Maximum base fine 1st offense, additional fees may apply	Must be in child safety seat	Adult belt permissible	Maximum base fine 1st offense, additional fees may apply	Preference for rear seat
AZ	01/01/91	no	8+ years in front seat; 8 through 15 in all seats	\$10	4 years and younger; children 5 through 7 who are 57 inches or shorter	5 through 7 who are taller than 57 inches	\$50	law states no preference for rear seat
AR	07/15/91	yes, effective 06/30/09	15+ years in front seat	\$45	5 years and younger and less than 60 pounds	6 through 14 years or 60+ pounds	\$100	law states no preference for rear seat
CA	01/01/86	yes; effective 01/01/93	16+ years in all seats	\$20	younger than 2 years and less than 40 pounds and less than 40 inches in a rear-facing infant seat; 7 years and younger who are less than 57 inches must be in an appropriate child passenger restraint system ²	8 through 15 years or at least 57 inches	\$100 ¹	children 7 years and younger who are less than 57 inches must be in the rear seat ²
CO	07/01/87	no	18+ years in front seat	\$71	younger than 2 and less than 40 pounds in a rear-facing child restraint; more than 40 pounds may ride forward-facing; 2 through 3 years and at least 20 pounds may ride in either a rear or forward-facing child restraint; 4 through 8 years and at least 40 pounds in child restraint or booster	9 through 17 years	\$81	8 and younger must be in the rear seat if available

Enjoy the Journey: The main thing that sets road trips apart from other vacations is the fact that it is designed so that you can have fun along the whole journey, not just at your destination. The best road trips are taken by people who are prepared to enjoy the journey with some good snacks, good tunes, and awesome people.

6.2 Avoiding Problems On the Road

Avoiding problems on the road is another piece of the puzzle to being a good defensive driver. There are several things you can do to keep yourself safe on the road:

California Vehicle Code 21703 states: The driver of a motor vehicle shall not follow another vehicle more closely than is reasonable and prudent, having due regard for the speed of such vehicle and the traffic upon, and the condition of, the roadway.

Three Second Rule: Using the 3-second rule is a simple way to double-check that you are driving at a safe following distance. Choose a fixed point that is even with the car in front of you. For example, a road sign or a building. If you reach that same fixed point before you can count to three, then you are driving too close to the car in front of you and you need to fall back a bit. This method allows for a safe following distance when the road is dry and straight.

If the road is wet, icy, curvy, or visibility is limited, then you need to increase your following distance. When the road is slick, you need to have more room to stop and you also need to be prepared in case the vehicle in front of you skids or suddenly stops.

Ultimately, every driver must be aware of their surroundings and create enough room in case something goes wrong. When on a street with many side roads, you need to anticipate the driver in front of you making a turn. When you approach an intersection, always be prepared for the car in front of you to make a quick stop in case the light turns yellow. When driving around a sharp turn, leave enough room for the vehicle in front of you to brake a bit to handle the turn.

In regards to motorcyclist, allow a 4 second following distance. You will need this space to avoid hitting the motorcyclist if he or she brakes suddenly or falls off the motorcycle. Motorcycles generally can stop faster than passenger vehicles.

In addition to the above three second rule, here are a few more reasons to increase your following distance and allow a bigger space cushion for drivers who may be potentially dangerous:

- Drivers who cannot see you because their view is blocked by buildings, trees, or other cars.
- Drivers backing out of driveways or parking spaces.
- Parked vehicles moving into traffic.
- Drivers who pass you when there is a curve or oncoming vehicle(s) ahead.

- Drivers about to be forced into your lane to avoid a vehicle, pedestrian, bicyclist, obstruction, or because of fewer lanes ahead.
- Pedestrians with umbrellas in front of their faces or hats pulled down over their eyes.
- Distracted people, such as:
 - Delivery persons.
 - Construction workers.
- Distracted pedestrians, such as those talking or texting on their electronic wireless communications device.
- Children who often run into the street without looking.
- Drivers talking or texting on their electronic wireless communications device or speaking to their passengers.
- Drivers taking care of children, eating, or looking at maps while driving.
- Confused people, such as:
 - Tourists, often at complicated intersections.
 - Drivers who are looking for a house number or slow down for no apparent reason.

Properly Adjusted Mirrors They will not eliminate blind zones, however, with this in mind as a good defensive driver be sure not to drive in other driver's blind zones. CVC §26709 states this regarding mirrors:

(a) Every motor vehicle registered in a foreign jurisdiction and every motorcycle subject to registration in this state shall be equipped with a mirror so located as to reflect to the driver a view of the highway for a distance of at least 200 feet to the rear of such vehicle. Every motor vehicle subject to registration in this state, except a motorcycle, shall be equipped with not less than two such mirrors, including one affixed to the left-hand side. (b) The following described types of motor vehicles, of a type subject to registration, shall be equipped with mirrors on both the left- and right-hand sides of the vehicle so located as to reflect to the driver a view of the highway through each mirror for a distance of at least 200 feet to the rear of such vehicle: (1) A motor vehicle so constructed or loaded as to obstruct the driver's view to the rear. (2) A motor vehicle towing a vehicle and the towed vehicle or load thereon obstructs the driver's view to the rear. (3) A bus or trolley coach. (c) The

provisions of subdivision (b) shall not apply to a passenger vehicle when the load obstructing the driver's view consists of passengers.

Planning for evasive actions: Are you prepared for problems that could be brewing up the road? Planning for any evasive actions such as a sudden stops or sudden lane changes will help keep you from being caught off guard. You can plan by being aware of what's going on ahead of your vehicle. To avoid last minute moves, **scan the road 10–15 seconds** ahead of your vehicle so you can see hazards early. Constantly staring at the road right in front of your vehicle is dangerous. Don't get a fixed gaze. Keep your eyes moving. As you scan ahead, be aware of vehicles around you. There may be a car weaving in and out of its lane. There could be a driver not keeping with the flow of traffic. There could be a car attempting to re-enter a lane from the shoulder. Or you see brake lights popping on up ahead. Many things are happening on the road, and you want to be prepared.



Headlights aren't just for driving at night. You will want to use headlights during the day to increase visibility. Most state headlight laws do not require the use of headlights during the day unless poor weather decreases visibility. However, using your headlights during the day regardless of the conditions can improve visibility and safety. As a matter of fact, drivers in California are legally required on certain stretches of highway to run headlights during the day to reduce the number of crashes.

Here are a few other instances when using your car headlights during the day can help you decrease chances of an accident:

During adverse weather, such as rain / snow / sleet / fog / smoke

You will also want to use your headlights under the following situations:

- On rural and mountain roads.

- On narrow two-lane highways.
- When road signs indicate a daytime headlight zone.
- Just after sunrise and just before sunset. During these periods, it may be more difficult to see other vehicles. Turning on your head lights will also turn on your taillights, reducing your chances of a rear-end collision.

Avoid unsafe lane changes near intersections. According to CVC § 21658(a)

“Whenever any roadway has been divided into two or more clearly marked lanes for traffic in one direction, a vehicle shall be driven as nearly as practical entirely within a single lane and shall not be moved from the lane until such movement can be made with reasonable safety.” Although CVC §21658, nor any other code makes reference to lane changes within intersections you do want to avoid **unsafe turning movements** within intersections. A lot can go on within intersections such as traffic pulling in from side streets. You want to avoid any collisions with these cars. So if you choose to "make a lane change" within the intersection, pay attention to what vehicle code 22107 says:

"No person shall turn a vehicle from a direct course or move right or left upon a roadway **until such movement can be made** with reasonable safety and then only after the giving of an appropriate signal in the event any other vehicle may be affected by the movement."

Scanning for hazards, or rather taking in the whole scene 360 degrees around your car is a key hazard perception skill that drivers need to use to avoid crashes. You need to scan constantly for hazards when you drive. Scanning your surroundings (keeping your eyes moving) includes keeping a safe distance around your vehicle. When another driver makes a mistake, you need time to react. Give yourself this reaction time by keeping enough space on all sides of your vehicle. This space will give you room to brake or maneuver if necessary. To avoid last minute moves, scan the road 10–15 seconds ahead of your vehicle so you can see hazards early. Constantly staring at the vehicle or road right in front of your vehicle is dangerous. As you scan ahead, be alert for vehicles around you. Use your mirrors. Know what is behind you, so you can prepare for what is ahead.

While scanning you may notice some things such as parked cars pulling into traffic, intersections where another vehicle may take your right of way, or cars making sudden lane changes. There are many things that can create hazards, therefore in order to prepare for them **you may want to Cover Your Brakes in anticipation of something going wrong. Covering your brakes (not riding your brakes) is a defensive driving technique. It provides a smooth transition from acceleration to braking and is effective for slowing in reduced stopping distances. The cover braking technique involves taking your right foot off the accelerator and holding it over the brake pedal.**

When driving in traffic you should position your vehicle so as to:

keep up with the flow of traffic within legal limits

avoid other driver's blind spots

keep other vehicles out of your blind spots

avoid maintaining a side-by-side position except for short periods of time

avoid driving in bunches or packs

When entering traffic from a full stop, you should leave a space of 1/2 block in the city and 1 block on highway. When cutting across traffic you need to leave enough room to get completely across. Stopping on a highway while crossing is only safe when there is a center divider wide enough for your vehicle to be completely protected from oncoming traffic.

It is dangerous to be caught in an intersection or roadway while attempting to cross. Even if the light is green do not start across an intersection if there are cars blocking your way. It is against the law to enter an intersection unless there is space to get completely across. This situation is called gridlock.

Follow another vehicle with enough distance to allow for safe stopping depending on speed and road conditions, about 3 seconds. Following too closely may result in:

rear end accidents

being cut off by someone changing lanes in front of you

being forced off the roadway or swerving into someone else to avoid a collision

Pay special attention when:

following motorcycles

driving on slippery roads

crowded by a tailgater

the car behind you wants to pass

following large vehicles.

Maintain a 4 second gap in these instances.

It is against the law to follow at a distance which is too close given the traffic and road conditions. You could be cited for tailgating.

Keep aware of drivers tailgating you and avoid them by:

moving to another lane

slowing down to encourage them to pass

pulling over to let them pass.

"BRAKE TESTS" for tailgaters are illegal.

Enhancing driving aids such as polarized sunglasses, water repellent on windshields, convex mirrors, and audible backup warning devices assist the driver with avoiding collisions.

Polarized sunglasses – Polarized lenses are coated with a special chemical film that helps reduce glare. Glare is caused when light from the sun is reflected off of water or a solid surface. By neutralizing glare, polarized lenses help you see objects more clearly, and also help reduce the harmful effects of UV light. Regular sunglasses mean that while your eyes are shaded from overall light, they aren't protected from this direct reflective glare. Polarized sunglasses specifically filter much of this glare, giving you a clearer vision with less eye strain.

Water repellent on the windshield – Water repellent products force water to bead up and roll off the car, often without needing wipers.

Convex/panoramic mirrors - For drivers, the benefit of having convex rearview mirrors is simple. Convex mirrors allow drivers to see more because they provide a greater field of view by scaling down the objects they reflect. To compare, flat mirrors show objects at accurate distances and sizes, and concave mirrors, while able to show real images, often invert images as well. Therefore, convex mirrors provide the best upright range of vision for drivers.

Audible back up warning device – We've heard the audible beep on garbage or refuse trucks. It alerts passersby's that the truck is backing up and that the passerby should be careful.

6.3 Who Has The Right Of Way?

In most cases the law states who must yield the right of way. Every driver, motorcyclist, moped rider, bicyclist, and pedestrian must do everything possible to avoid a crash. **When you yield the right of way to another vehicle, you are letting them go before you in the traffic situation.** Few areas of traffic safety are more misunderstood than the "Yield to the Driver on the Right" rule. This is the rule that controls most intersections when drivers arrive at an intersection simultaneously.

For instance, you come upon a stop sign at the same time as another driver in a cross street and he is on your right. You yield (give up) the right of way to that driver by letting him go first. If you reach an uncontrolled intersection at close to the same time, the vehicle who actually reached the intersection last is the driver who must yield the right of way. If you reach the intersection at the same time, the driver on the left should yield the right of way.

Pedestrians must always be yielded the right of way at intersections and crosswalks. **Bicycles, since they are considered “devices” (See CVC § 231 below**) are subject to all the provisions applicable to the driver of a vehicle (See CVC § 21200 below***)**; they are not always granted the right of way.

When a vehicle is turning left at an intersection, it must yield to oncoming traffic.

When merging into traffic, do not attempt to merge if the driver behind you must slow down to let you in. You must, of course, yield the right of way to:

Emergency vehicles. CVC § 21806 states Upon the immediate approach of an authorized emergency vehicle which is sounding a siren and which has at least one lighted lamp exhibiting red light that is visible, under normal atmospheric conditions, from a distance of 1,000 feet to the front of the vehicle, **the surrounding traffic shall, except as otherwise directed by a traffic officer, do the following:** (a) (1) Except as required under paragraph (2), **the driver of every other vehicle shall yield the right-of-way and shall immediately drive to the right-hand edge or curb of the highway,** clear of any intersection, and thereupon shall stop and remain stopped until the authorized emergency vehicle has passed. (2) A person driving a vehicle in an exclusive or preferential use lane shall exit that lane immediately upon determining that the exit can be accomplished with reasonable safety. (b) The operator of every street car shall immediately stop the street car, clear of any intersection, and remain stopped until the authorized emergency vehicle has passed. (c) All pedestrians upon the highway shall proceed to the nearest curb or place of safety and remain there until the authorized emergency vehicle has passed.

If two vehicles meet on a narrow mountain road in which there is only room for one vehicle to travel at a time, **the vehicle going downhill must yield** to the vehicle traveling uphill. CVC §21661 states: Whenever upon any grade the width of the roadway is insufficient to permit the passing of vehicles approaching from opposite directions at the point of meeting, the driver of the vehicle descending the grade shall yield the right-of-way to the vehicle ascending the grade and shall, if necessary, back his vehicle to a place in the highway where it is possible for the vehicles to pass.

Below are other instances when you must yield the right of way:

At a yield sign

To persons using a seeing eye guide dog

To persons using a white cane with or without a red tip

At uncontrolled intersections where vehicles are already in the intersection

At “T” intersections where you must yield to vehicles on the through road

When turning left in which case you must yield to oncoming pedestrians, cars, etc.

When driving on an unpaved road that intersections with a paved road

When returning to the roadway after the car is parked

****CVC § 231 states: A bicycle is a device upon which any person** may ride, propelled exclusively by human power through a belt, chain, or gears, and having one or more wheels. Persons riding bicycles are subject to the provisions of this code specified in Sections 21200 and 21200.5.

*****CVC § 21200 (a) A person riding a bicycle or operating a pedicab upon a highway has all the rights and is subject to all the provisions** applicable to the driver of a vehicle by this division, including, but not limited to, provisions concerning driving under the influence of alcoholic beverages or drugs, and by Division 10 (commencing with Section 20000), Section 27400, Division 16.7 (commencing with Section 39000), Division 17 (commencing with Section 40000.1), and Division 18 (commencing with Section 42000), except those provisions which by their very nature can have no application. (b) (1) A peace officer, as defined in Chapter 4.5 (commencing with Section 830) of Title 3 of Part 2 of the Penal Code, operating a bicycle during the course of his or her duties is exempt from the requirements of subdivision (a), except as those requirements relate to driving under the influence of alcoholic beverages or drugs, if the bicycle is being operated under any of the following circumstances: (A) In response to an emergency call. (B) While engaged in rescue operations. (C) In the immediate pursuit of an actual or suspected violator of the law. (2) This subdivision does not relieve a peace officer from the duty to operate a bicycle with due regard for the safety of all persons using the highway.