Safety, Security, and Emergency Management
March Safety Minute - Florida Bicycle Month

Parks Advisory Board Meeting – March 6, 2026



Florida Bicycle Month (March): Promoting Safe Cycling in Our Parks & Community

March is officially recognized as Florida Bicycle Month, a time dedicated to promoting the safety, health, and recreational benefits of cycling across the state.

Highlighted by the Florida Department of Transportation (FDOT) and local governments, this initiative encourages residents to use bicycles for commuting and leisure, particularly as the weather is ideal.



The health benefits of regular cycling include increased cardiovascular fitness, increased muscle strength and flexibility, improved joint mobility and decreased stress levels.

Broward County features over a dozen parks with designated recreational bicycling paths—great news for our local cycling community.

Brian Piccolo Sports Park & Velodrome
C.B. Smith Park
Central Broward Park & Broward County Stadium
Everglades Holiday Park
Hollywood North Beach Park
Markham Park
Plantation Heritage Park
Quiet Waters Park
Reverend Samuel Delevoe Park
Tradewinds Park & Stables Tree Tops Park
T.Y. (Topeekeegee Yugnee) Park
Vista View Park
West Lake Park







🚵 Mountain Bike Trails in Broward County



Markham Park & Target Range – 14 miles of mountain bike trails





Quiet Waters Park – 7.5 miles of mountain bike trails

South Florida may be flat, but you can still enjoy true mountain biking at two county parks, Markham Park and Target Range and Quiet Waters Park.

All trails are maintained regularly by Broward County approved volunteer groups.

🚵 Mountain Bike Trails in Broward County

Adaptive & Beginner-Friendly Options Available at Markham Park



- Markham Park features a 4-mile off-road trail designed for hand-powered recumbent bikes, commonly used by wheelchair riders.
- This adaptive trail accommodates bikes that sit lower to the ground.
- The trail is also open to:
  - Children
  - First-time mountain bikers and beginners not yet ready for the full 14-mile trail



- Key Features & Requirements:
  - Trail Type: A 2.0-mile, green-rated (beginner) loop, often called the "Adaptive Loop".
  - Surface: Hard-packed, wider paths with minimal roots or rocks.
  - Access: Requires a Broward County Parks MTB access card, available via daily or annual pass.
  - Safety: Full-face helmets and pads are required.

Bicycle Safety — Key Facts & Tips

Bicycles Are Vulnerable Road Users

- Bicycles are legally defined as vehicles in Florida.
- Unlike cars, they lack seatbelts, airbags, and crash protection.
- Cyclists are among the most vulnerable users on the road.

Sharing the Road Safely

- Always give bicyclists plenty of space when passing.
- Florida law requires a minimum 3-foot passing distance.
- Bicycles are harder to see than larger vehicles — stay alert.



Helmet Safety

- A properly fitted helmet can significantly reduce head injury severity.
- After any crash or impact, replace the helmet — do not reuse.
- The chin buckle should be secure and snug (no more than two fingers between strap and chin).
- Check the fit: the helmet should not move when nodding or shaking your head.



Bicycle Safety — Key Facts & Tips



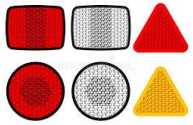
Bike Lane Etiquette

- Buffered bike lanes provide exclusive space and separation from motor vehicles.
- Treat bike lanes like any other travel lane — follow all traffic laws.
- Use hand signals to make crossing intersections safer.



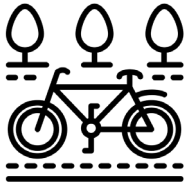
Be Predictable

- Make your intentions clear to everyone on the road.
- Ride in a straight line and don’t swerve between parked cars.
- Use signal turns and check behind you well before turning or changing lanes.



Be Conspicuous

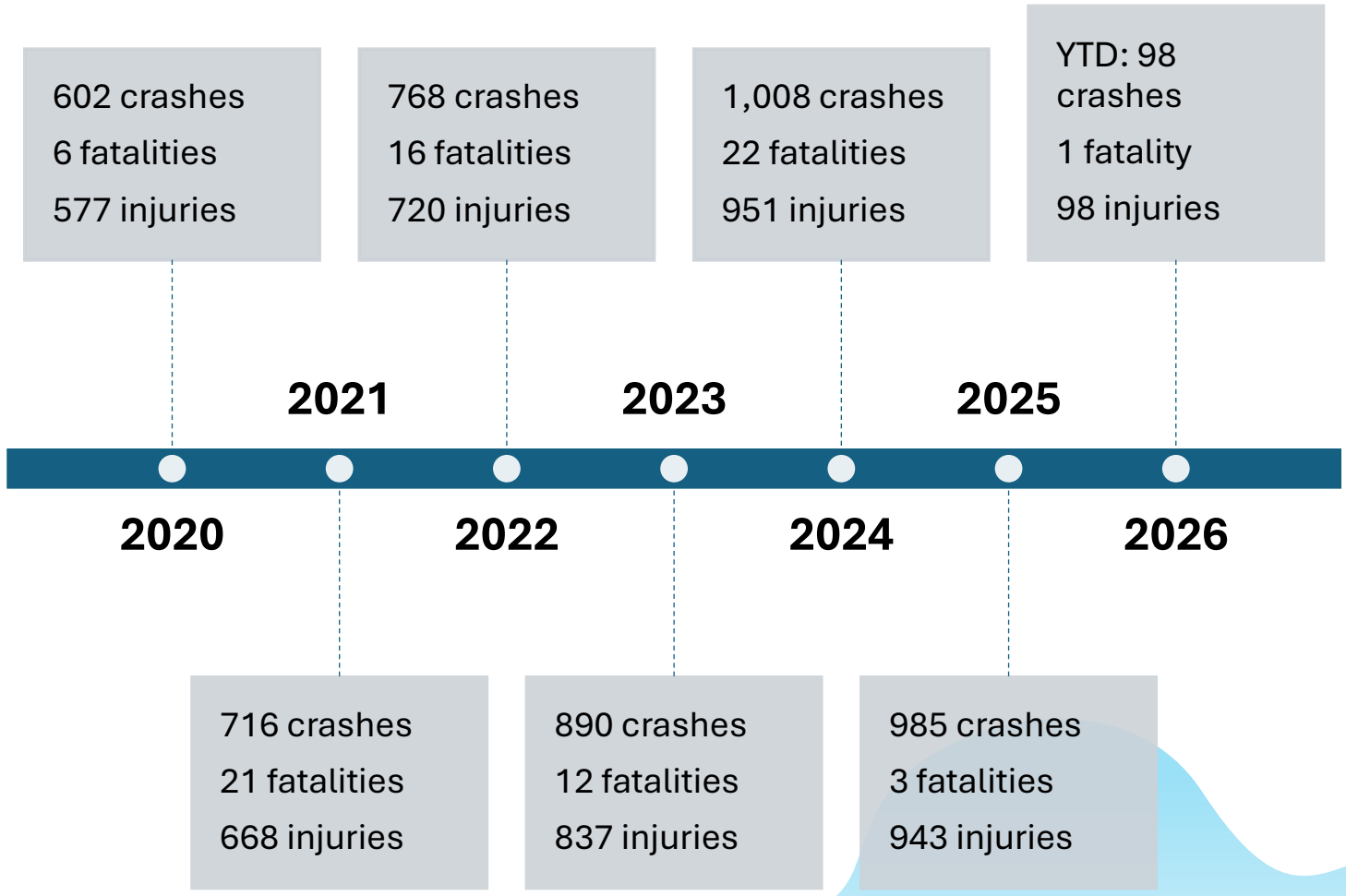
- Ride where people can see you and wear bright clothing.
- Use a front white light, red rear light and reflectors when visibility is poor.
- Make eye contact with others and don’t ride on sidewalks.



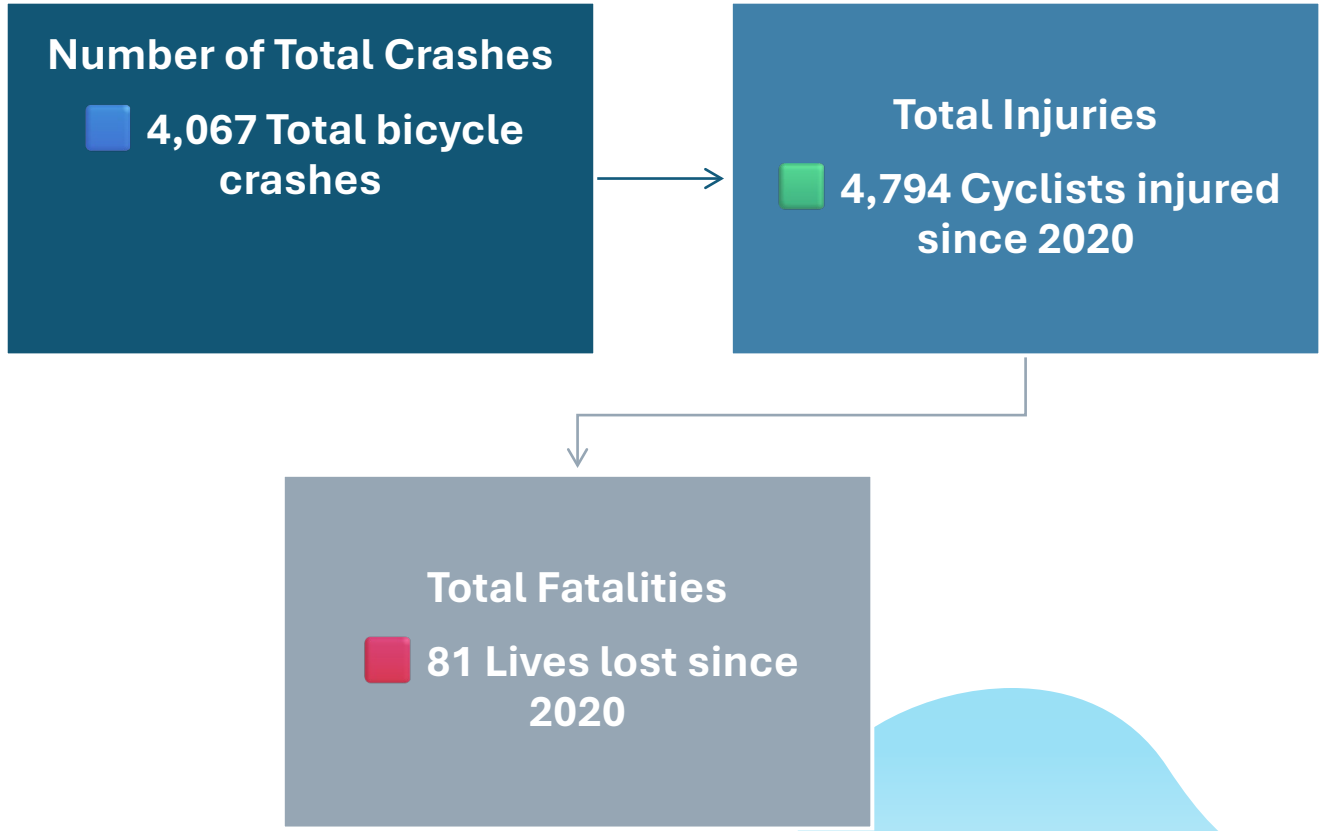
Follow the Law

- You have the same rights and responsibilities as drivers.
- Obey traffic signals and stop signs.
- Ride with traffic; use the rightmost lane headed in the direction you are going.

By the Numbers: Broward County Bicycle Crash Trends By Year



By the Numbers: Broward County Bicycle Crash Trends (2020–2026 YTD)



Thank you!