CYCLE
safe
TIPS FOR SAFER CYCLING
Wear a Helmet

The right kit can help you to be seen — fluorescent by day, reflective at night. The law says that you must use front and rear lights and a red rear reflector at night. Make sure they’re clean and working properly. Reflectors on your pedals are a good idea, too.

Be Alert

If you have an accident, a cycle helmet can help to prevent an injury to your head. Make sure your helmet is the right size and is properly fitted — ask your local bike shop or road safety officer to help you. Only buy a helmet that conforms to a recognised standard (look on the packaging or the helmet itself, such as EN 0443, AS2063, ANSI Z75.1-1984).

Look around before starting — don’t ride straight off the pavement onto the road. Watch out for pedestrians crossing between vehicles. Ride in single file on busy or narrow roads. And always ask yourself, has that driver seen me?

Be Seen

Two-thirds of young cyclists who are hit get their injuries while crossing roads or playing. Bikes aren’t cars and they should only be taken by one person at a time.

Be Heard

Use your bell or horn if you think drivers or pedestrians may not have seen you. But don’t assume that everybody can hear you — deaf people won’t be able to.

Get Trained

If you haven’t had cycle training, find out where to get it. Your school or road safety officer should help you. If you can’t get training locally, you or your parents should talk to your school about the problem.

Look After Your Bike

Check running parts often, giving special attention to brakes and lights. Make sure that your tires are properly inflated and that you can see the tread on them clearly. They need frequent inspection for damage. If you need help, ask your parents or bike shop.

Stay Legal

Cycling through red lights, on pavements and down one-way streets the wrong way is against the law — it’s also risky for you, and makes you a danger to other people. The Highway Code tells you what the law is and what traffic signs mean. It has a special section for cyclists.
**LOAD SAFE**

Be careful not to overload your bike. You're safer with your belongings in a saddlebag or panniers, with the weight equally balanced on either side and nothing loose to become caught up in the wheels or chain. Keep your hands free to signal and control your bike.

**WATCH THAT JUNCTION**

Wherever one road joins another, you should take great care—this is especially true at roundabouts. Clear hand signals are always very important, and remember to look out for drivers cutting in front of you. Check it is safe before joining a main road—if it's not, stop. If a situation looks tricky, get off your bike and walk it along the pavement to a safe crossing point.

**CYCLE SAFE**

**CHOOSE YOUR ROUTE**

Use side streets to avoid very busy roads if you can. Cycle lanes are part of the road specially designed for cyclists. Cycle tracks are separate from roads and are sometimes shared with pedestrians—watch out for elderly people and others who may not be able to move quickly.

**USEFUL NOTES**

You can buy the Highway Code at most bookshops. Road safety officers work for local councils and can be found at your local council offices.