

SAFECYCLING

DOs & DON'Ts



DON'T WEAR DARK CLOTHING

DO WEAR A CYCLE HELMET

DO WEAR BRIGHT/FLUORESCENT CLOTHING

DO KEEP BOTH HANDS ON THE HANDLEBARS

DO USE WHITE FRONT & RED REAR LIGHTS & A RED REAR REFLECTOR

DON'T CYCLE ON THE PAVEMENT

DO ENSURE YOUR BIKE IS REGULARLY MAINTAINED

DON'T TALK ON YOUR MOBILE WHILST RIDING

DO OBEY TRAFFIC LIGHTS AND GIVE WAY TO TRAFFIC FROM THE RIGHT AT ROUNDABOUTS

DO CYCLE ON THE LEFT-HAND SIDE OF THE ROAD

Make sure you are familiar with the Highway Code for Cyclists

<https://www.gov.uk/rules-for-cyclists-59-to-82>

BE SEEN...BE SAFE

PEDESTRIAN SAFETY

LOOK OUT BEFORE STEPPING OUT

DO ENSURE YOU LOOK BOTH WAYS WHEN CROSSING

DO REMEMBER THAT VEHICLES WILL BE COMING TOWARDS YOU FROM THE RIGHT

ALLOW PLENTY OF TIME TO CROSS – DON'T RUN ACROSS THE ROAD

DO USE A PEDESTRIAN CROSSING IF AVAILABLE OR FIND A PLACE WITH A CLEAR VIEW OF THE ROAD.

DON'T CROSS BETWEEN PARKED CARS

DO CONCENTRATE WHEN CROSSING THE ROAD.

DON'T BE DISTRACTED BY YOUR MOBILE PHONE OR OTHER DEVICE

DO WEAR SOMETHING BRIGHT OR REFLECTIVE IN THE DARK

DO WALK ON THE SIDE OF THE ROAD FACING THE TRAFFIC IF THERE IS NO PAVEMENT.

IF YOU HAVE TO STEP INTO THE ROAD, **ALWAYS** LOOK BOTH WAYS FIRST

Make sure you are familiar with the Highway Code for Pedestrians

<https://www.gov.uk/rules-pedestrians-1-to-35>

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