

**TAKE CARE  
ON YOUR BIKE  
WITH OUR  
CYCLING HINTS  
AND TIPS**



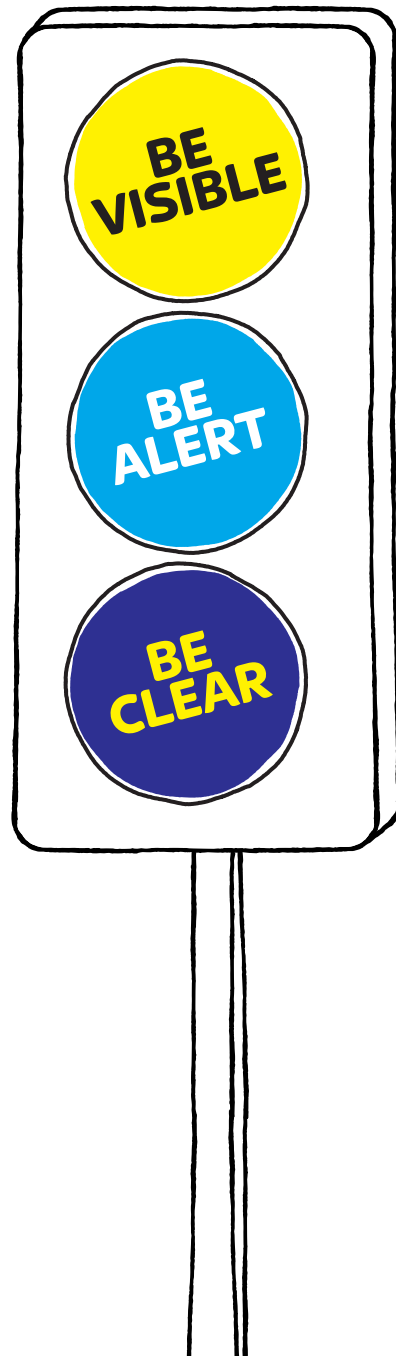
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# **STAY SAFE ON THE ROAD**

More and more people are getting on their bikes. To help make cycling safer - and more fun - we've put together this handy collection of riding hints and tips. Each point raises awareness of a particular cycling safety issue. So heed them all - and stay safe on the road wherever you are.

**BEFORE  
EVERY  
RIDE,  
REMEMBER...**

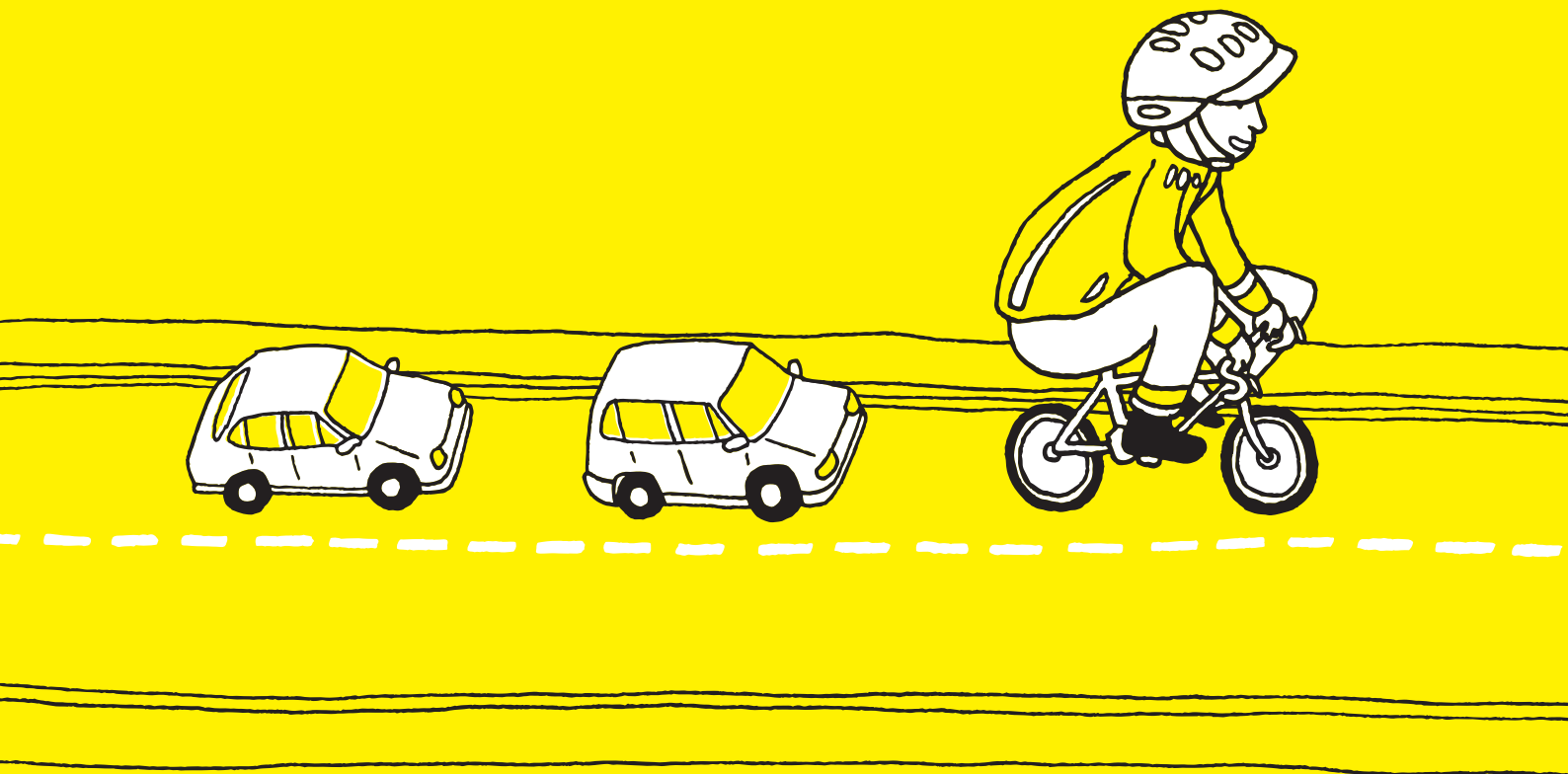


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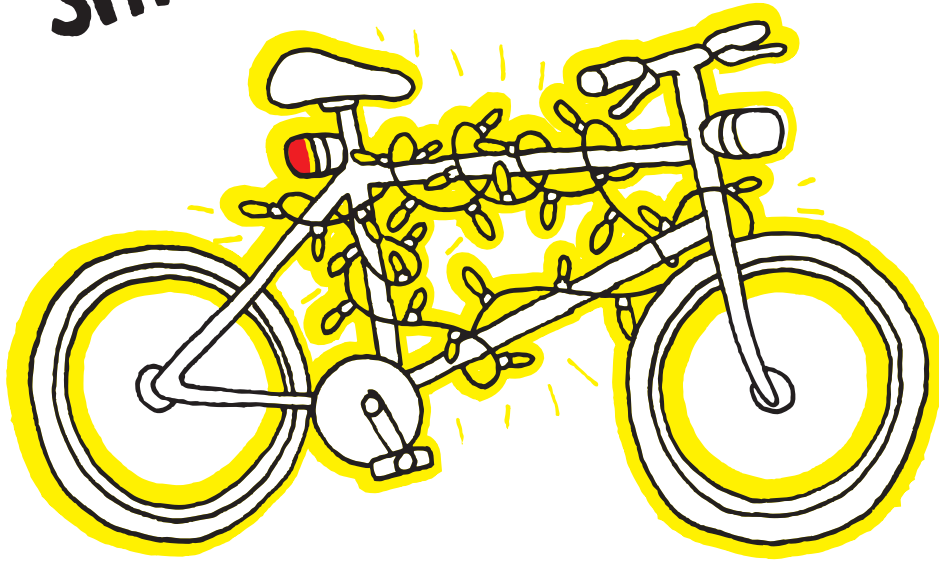
# BE VISIBLE

Know how to stand out: it's in your interest to be seen – and other road users will notice you for it.

Ensure you're visible in busy traffic by wearing something bright or reflective. Fluorescent clothing, in particular, can make all the difference between being seen and blending in. And don't forget: if you're attending a Sky Ride City or Sky Ride Local event, you can pick up a fluorescent bib with our compliments.



**SHINE  ON**



Not only will a set of lights get you noticed in the dark – they're required by law. Just remember, the white one goes at the front, the red one at the back.



Use your head and wear head gear. Even though a helmet is not required by the law, it gives you a valuable form of protection on the road - that you wouldn't have otherwise. What's more, if you're a member of British Cycling, you can get a 12% discount on a new helmet (or other kit) at **wiggle.co.uk**

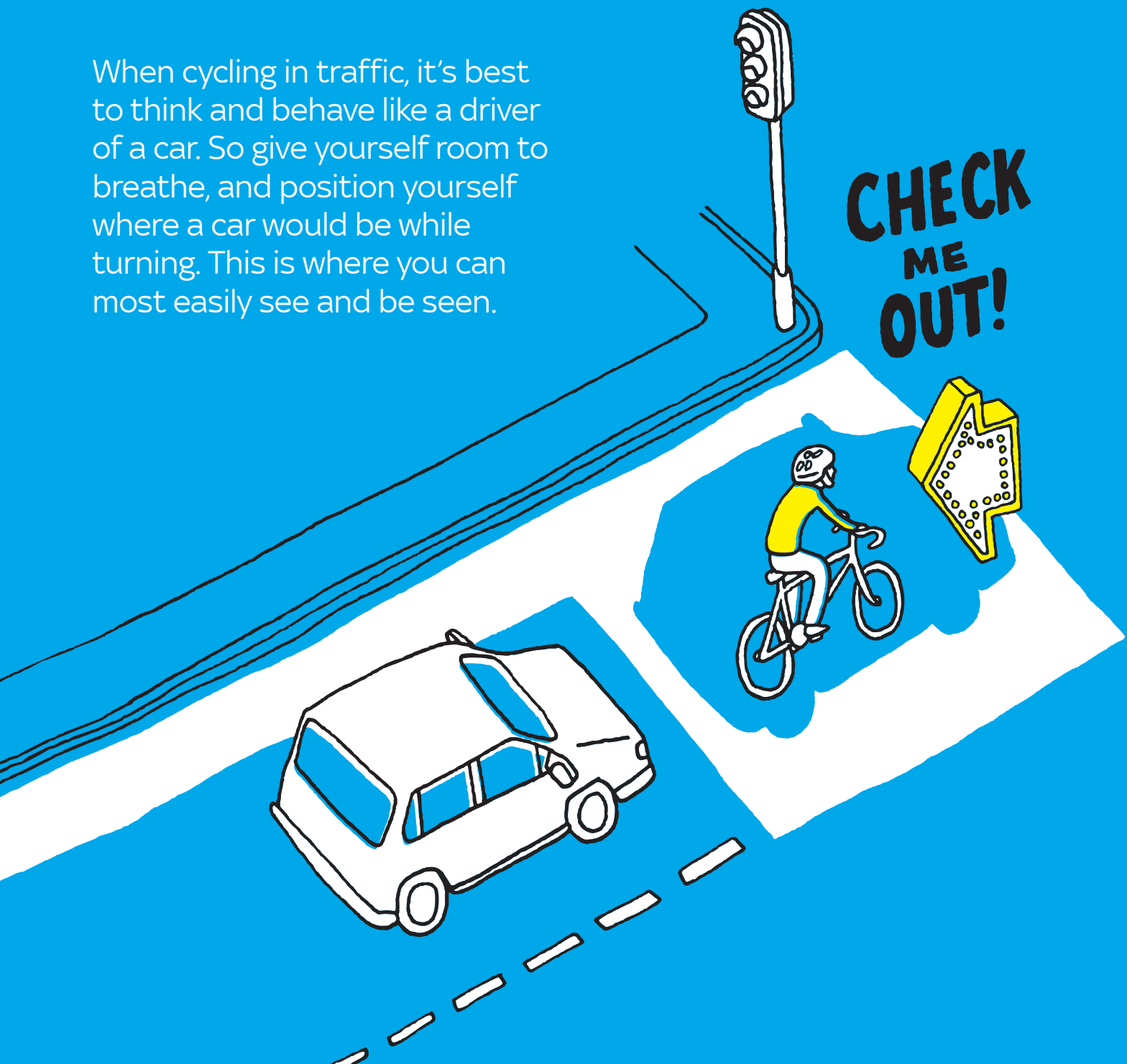


# BE ALERT

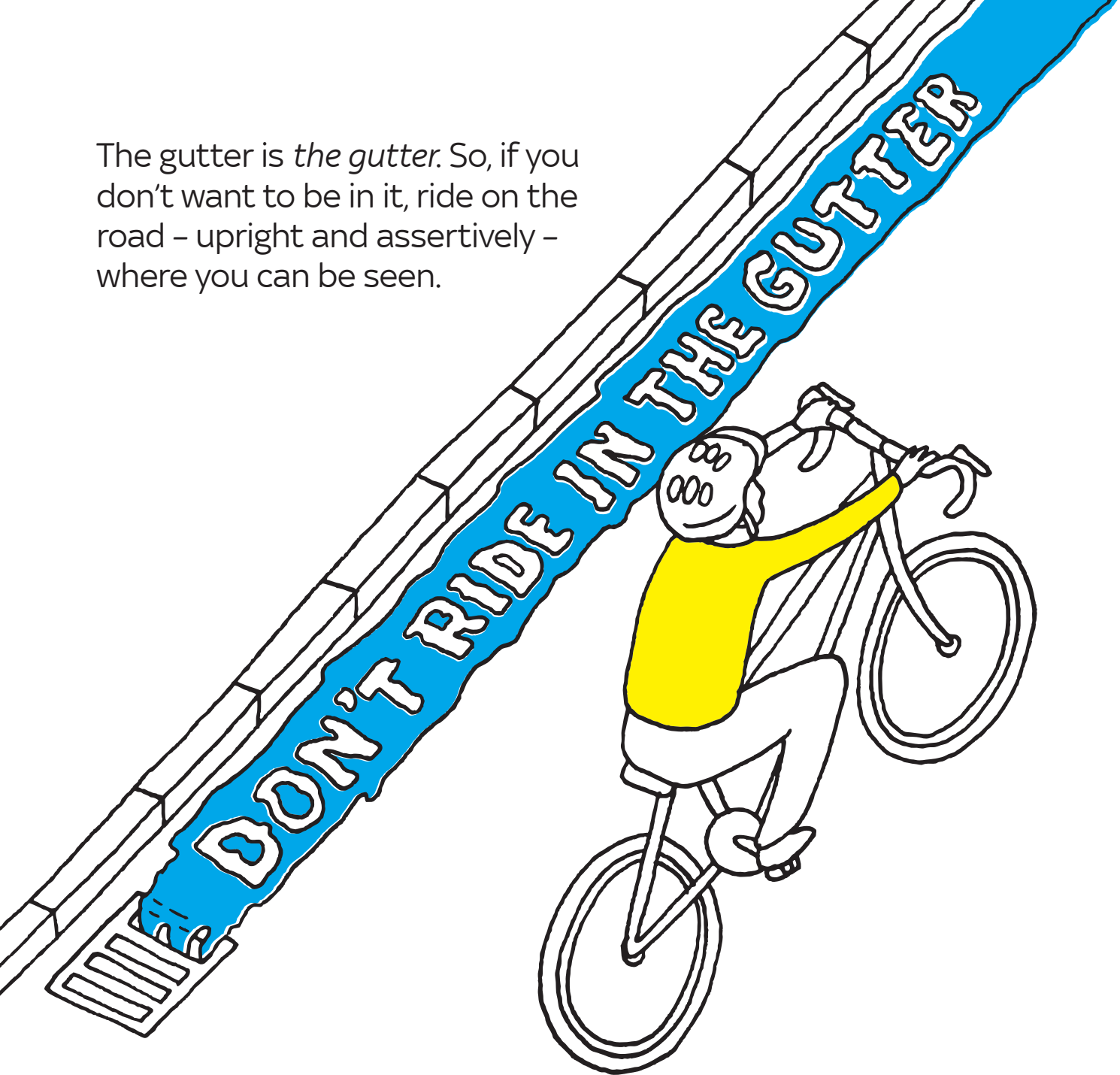
Keep your eyes and ears open:  
that way you'll stay on top of  
your situation – and bike.



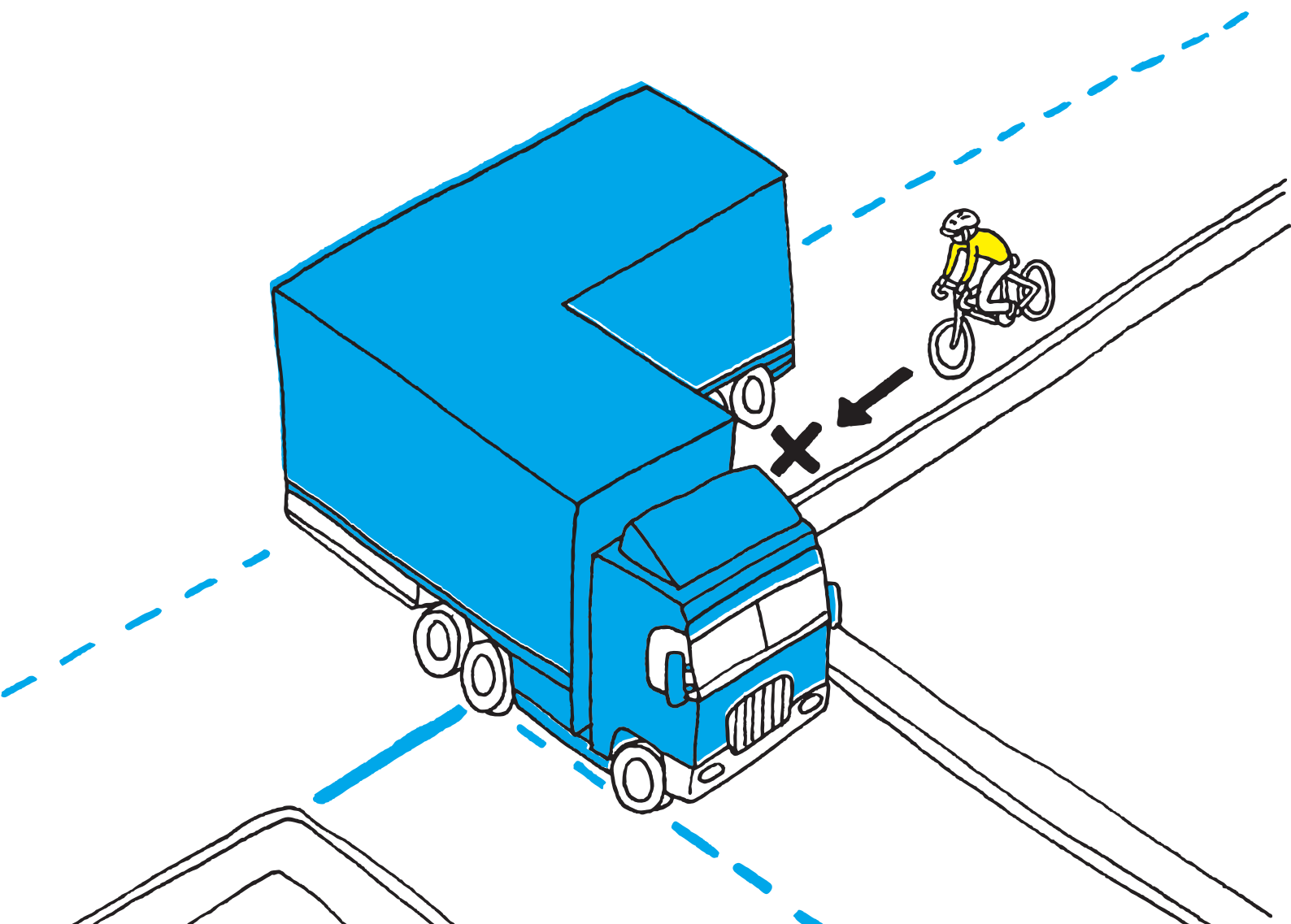
When cycling in traffic, it's best to think and behave like a driver of a car. So give yourself room to breathe, and position yourself where a car would be while turning. This is where you can most easily see and be seen.



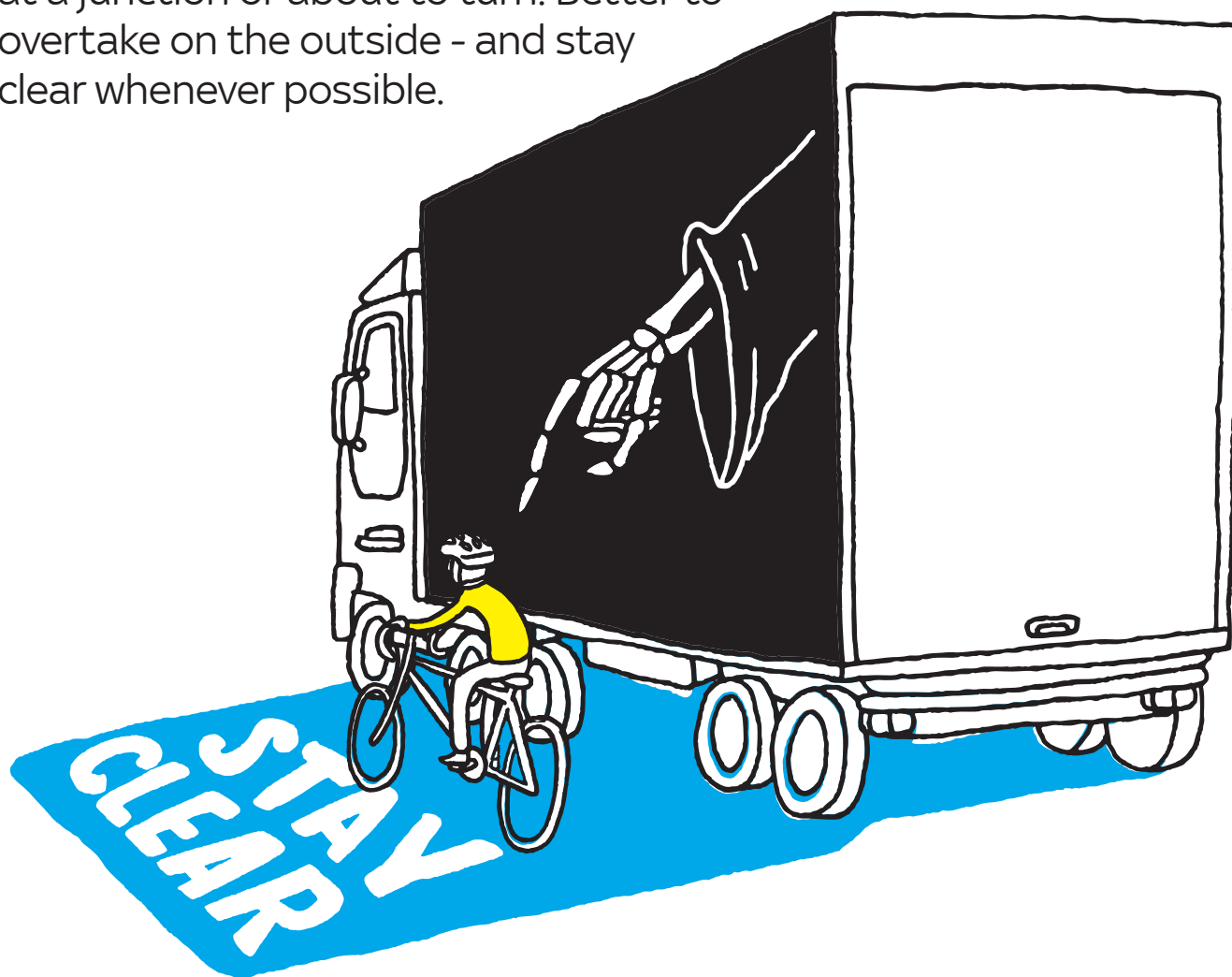
The gutter is *the gutter*. So, if you don't want to be in it, ride on the road – upright and assertively – where you can be seen.



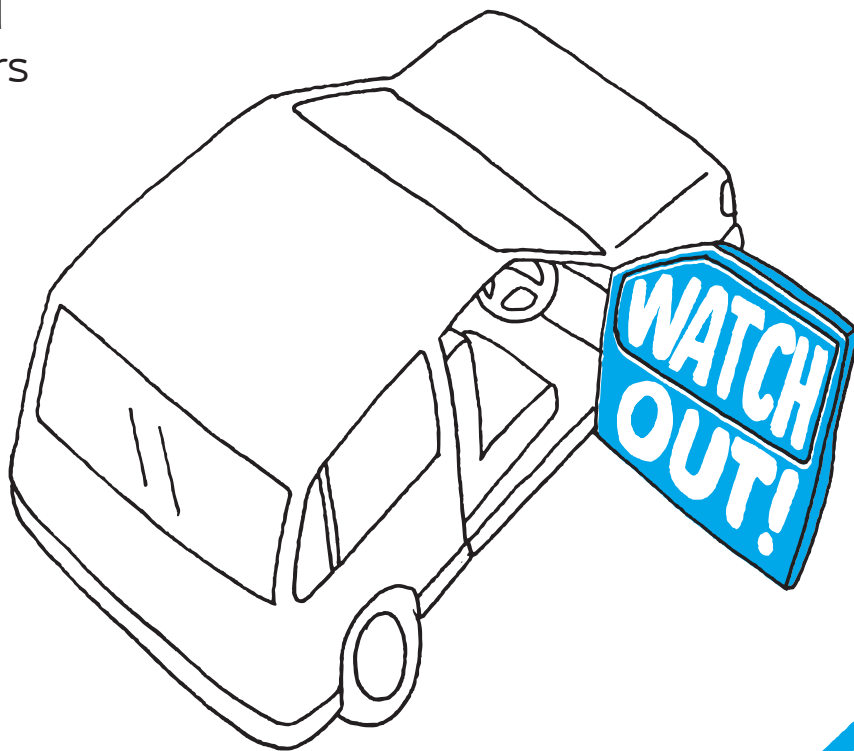
If you don't want a lorry to drive you into a bend, take care when you're turning left on the inside – and stay back as far as possible. For more advice on cycling in traffic go to **[britishcycling.org.uk](https://britishcycling.org.uk)** or **[tfl.gov.uk](https://tfl.gov.uk)**



Because of their height, lorry drivers will be unlikely to see you - so never overtake one on the inside, especially if they're stopped at a junction or about to turn. Better to overtake on the outside - and stay clear whenever possible.



When passing parked cars be aware of doors opening – otherwise you may have one opened in your face!

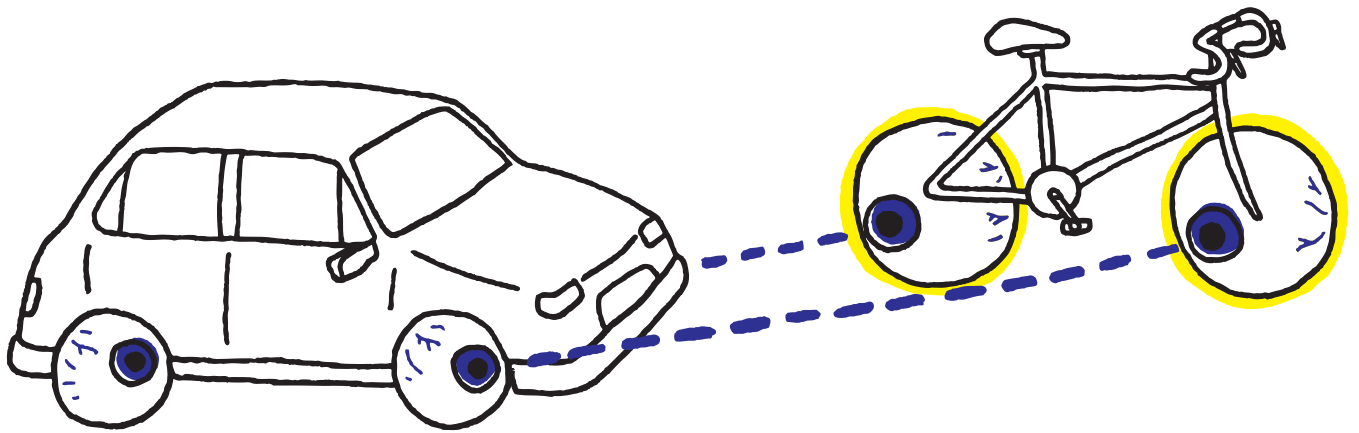


# BE CLEAR

Make your intentions known:  
signal to others where you're  
coming from – and where  
you're going to.

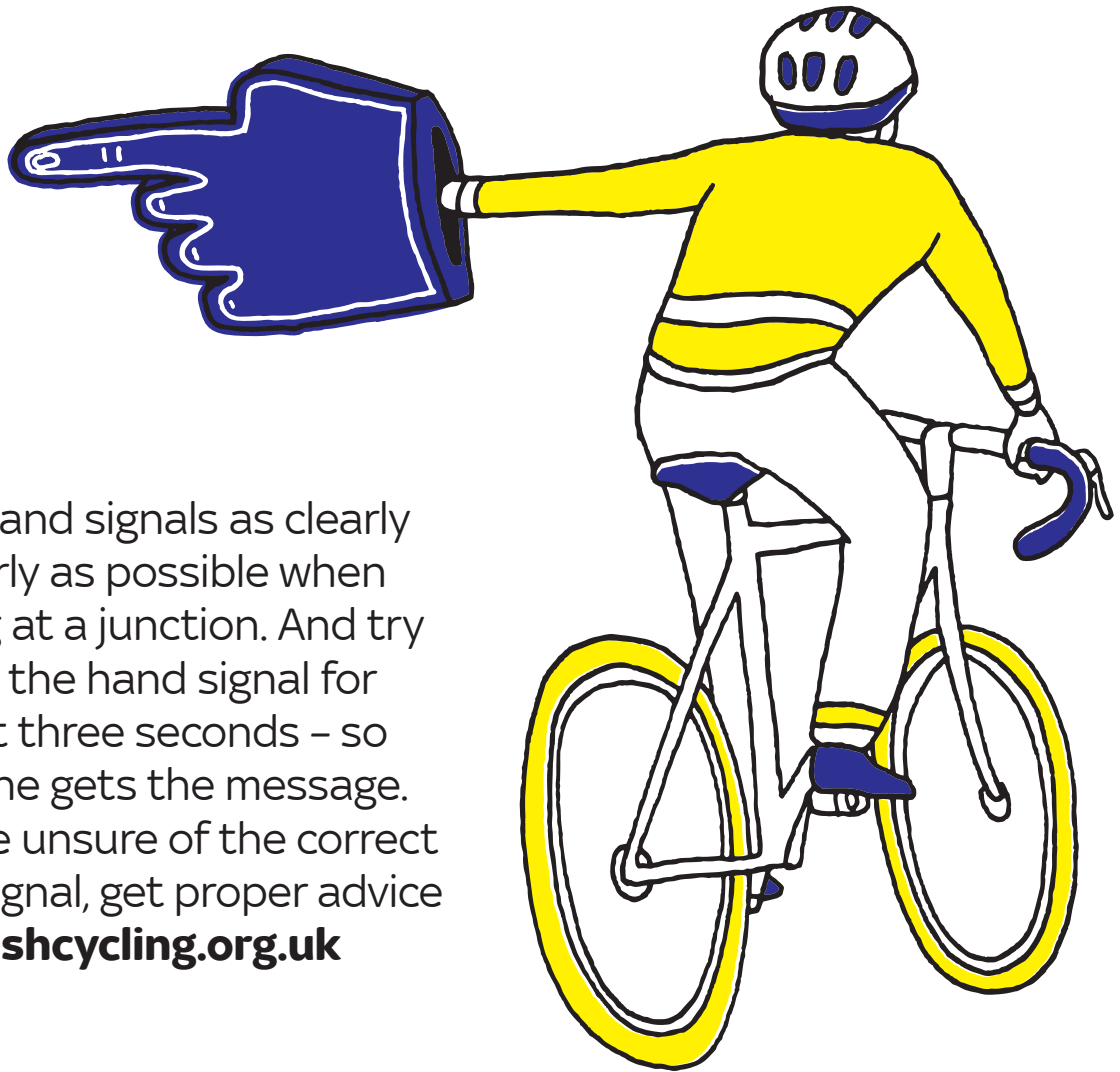
At all times, look and see what other motorists, pedestrians and cyclists are doing. And listen up too by not wearing headphones. Having an all-round audio and visual picture is the key to staying safe on the road.





Wherever possible, make eye contact with fellow road users to make sure they have seen you. It will also let them know you have your wits about you.





Make hand signals as clearly and early as possible when turning at a junction. And try to hold the hand signal for at least three seconds – so everyone gets the message. If you're unsure of the correct hand signal, get proper advice at **[britishcycling.org.uk](https://britishcycling.org.uk)**



# WHERE TO NEXT?

Follow the tips in this guide and you'll be making it easier and safer to share roads and pathways with other users. For more information on how to cycle with confidence and be safer in traffic go to **[britishcycling.org.uk/cycletraining](https://britishcycling.org.uk/cycletraining)**

In addition, children, teenagers, adults and people with disabilities can get cycling training through Bikeability - an organisation that also helps people become cycle training instructors. To find out more about the training courses they offer, in your area, go to **[bikeability.org.uk](https://bikeability.org.uk)**



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