

DEAL TRI – Cycle Info Sheet

Winter 2011 - 2012

Tips for safer cycling

Be alert

- Be aware that there are blind spots all around large vehicles It's often safer to hang back
- Pay attention to what's going on around you and what other road users might do
- Make eye contact with drivers so you are sure they have seen you

Get seen

- Wear bright clothing in the day and reflective clothing or accessories at night
- Use lights after dark - white at front and red at rear. You may be fined £30 if you don't have them
- Use appropriate hand signals when making a left or right turn
- Always wear a helmet

Be in the right place

- Ride assertively, away from the gutter. If the road's too narrow for vehicles to pass you safely, it may be safer to ride in the middle of the lane to prevent dangerous overtaking
- Ride in a straight line past parked cars, rather than dodge between them, and allow at least a full door's width between you in case a car door opens suddenly

Waiting at traffic lights

- Wait in front of other vehicles at traffic lights by using the advanced stop line for cyclists, if there is one
- Don't ride through red traffic lights. You may be fined £30

Cycling in colder weather

Cycling in winter can be as easy and safe as it is in the summer months.

- Invest in a lightweight waterproof jacket and non-slip gloves - they'll keep you warm and dry in rain, sleet or snow
- Consider mudguards, waterproof trousers and shoe covers as more water can come up off a wet road than down from the sky
- Wear breathable layers that you can take off and put on as the weather changes
- Regularly clean and oil your bike chain to keep your bike running smoothly and remember to check your brakes and tyres
- Carry a spare inner tube, pump and tyre levers (in case you have a puncture) and make sure you know how to use them