

# CYCLING TIPS

- Watch for opening car doors of parked cars.
- Stay back from large vehicles. Watch for vehicles turning left across your path.
- Give walkers time to gather in children and get dogs under control.
- Carry a pump and puncture repair kit and a good quality lock.
- Make sure your bike has a bell
- Catch the drivers eye when crossing junctions to ensure they have seen you
- When cycling on the road, look ahead for hazards such as parked potholes and vehicles.



# TIPS FOR DRIVERS

- Expect to see cyclists when you're driving. Numbers are increasing and it may even be someone you know!
- Overtaking: cyclists can travel quickly - assess whether you need to overtake. Be prepared to wait behind for a safe opportunity to overtake. Only overtake when you have enough room i.e. the same space you would give to overtaking a car.
- Cyclists require extra space when exerting more effort on hills and when travelling at speed going downhill.
- Cyclists may be travelling faster than you expect, check carefully at side roads.
- Once parked, check over your shoulder (drive and passengers) before opening your car door for any passing cyclists.
- Cyclists are exposed to the elements so allow more room in wet and windy conditions, in bright sunlight and at night.
- Expect cyclists to be at least 1 metre away from the kerb. They are avoiding surface defects, debris, drains, puddles and maintaining a positive position on the road so you can see them.
- At junctions or in slow moving traffic expect cyclists to filter past on both sides of your vehicle and be extra vigilant when setting off, especially before turning.