

CYCLING SAFELY IN HAMBLETON

Road safety; bike - helmet - clothing

- Make sure your bike is roadworthy, go **online** for advice or book a Dr. Bike Health Check sponsored by Cycling UK.
- Know the highway code; as a road user it applies to YOU.
- Wear a properly fitting helmet; protect yourself from injury.
- What you're wearing is important; Hi Viz will help YOU be seen.
- Take note of the weather - will your clothing keep you dry if it rains?



Road safety; rules for riding your bike safely

- When riding at night always use a working white front light and red back light, plus a red rear reflector - it's the law.
- Don't jump red lights or cycle on the pavement unless it's a designated cycle path.
- Signal clearly at all times; make sure other road users know your intentions.
- Ride in a position where you can see and be seen; don't get too close to other road users.
- Make eye contact with other road users, especially at junctions, then you know they've seen you.

If you're cycling on paths shared by walkers, wheelchair users, and horse riders:

- Don't go too fast - it can intimidate others.
- Use your bell to let others know you are approaching, but don't assume they can hear or see you.
- Give way to others and always be prepared to slow down and stop if necessary.
- Keep left or on your side of any dividing line.
- Be careful at junctions, bends or entrances.

Road safety for cyclists - Bikeability

Free level 1 and 2 Bikeability courses are offered to all year 5 and 6 pupils via primary schools across North Yorkshire. For adults and older children, Bikeability level 3 is also available. If you are an adult interested in training, or your child's school is not currently participating, you can email road.safety@northyorks.gov.uk

Go to **bikeability** for more cycling advice for families - www.bikeability.org.uk