

DO'S AND DON'TS FOR CYCLISTS AND DRIVERS

DO



Expect **sudden movements by cyclists**, especially in windy weather and on bad road surfaces



Look out for cyclists, especially when turning – make eye contact where possible



Use your indicators – **signal your intentions** so that cyclists can react



Give them **plenty of space** - at least half a car width



Advanced stop lines allow cyclists to get to the front and increase their visibility. You **must stop** at the first white line at traffic lights



Always look for cyclists before opening a car door



Give cyclists turning right **extra consideration**

DON'T



Don't dazzle cyclists - use dipped headlights, as you would with another vehicle

Source

<http://think.direct.gov.uk/cycling.html>

DO



Do read the **Highway Code** and undertake formal cycling training



Be visible. Ride clear of the curb, wear bright clothing and always use lights after dark or in poor weather conditions



Show drivers what you plan to do. **Always look and signal**



Always wear a helmet! Ensure your helmet fits correctly and is fastened securely



Use off-road cycle paths where provided



Avoid riding up the inside of large vehicles, like lorries or buses, where you might not be seen

DON'T



Don't jump red lights



Don't ride on pavements



Don't ride the wrong way up one-way streets unless there is a sign saying cyclists can

DID YOU KNOW IN 2016?

- **102 cyclists were killed** on Britain's roads
- **3,499 cyclists suffered** serious injuries
- That's over nine cyclists killed or seriously injured every day

Source:

www.rospa.com/road-safety/advice/pedal-cyclists/facts-figures/



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