

CYCLE TO LIVE

DRIVERS LEAVE 3FT CLEARANCE WHEN OVERTAKING

PLEASE RESPECT CYCLISTS, THEY
ALSO HAVE A RIGHT TO OUR ROADS



ARRIVE ALIVE CYCLIST SAFETY TIPS



- 1. OBEY ALL TRAFFIC REGULATIONS**
Obey the speed limits, traffic signs, traffic lights and road markings. Always wait on the GREEN. Look right, look left and look right again before you cycle off.
- 2. ALWAYS WEAR A SAFETY-APPROVED HELMET**
It must fit snug to reduce the risk of head injury.
- 3. BE VISIBLE TO OTHER ROAD USERS**
If drivers can see you, they are less likely to hit you. Wear bright coloured clothing during the day and reflective or fluorescent clothing at night. Have reflective lights on the front, side and rear of the bike for cycling at night.
- 4. KEEP A SAFE DISTANCE**
Keep a safe distance from vehicles in front of you, in case you need to stop suddenly.
- 5. LOOK, SIGNAL AND LOOK AGAIN**
Before you start, stop or turn, look and signal and look again. Use hand signals to let drivers and other cyclists know where you are going. Look and make eye contact. Don't assume drivers will stop.
- 6. STAY ALERT**
Keep a look out for obstacles or vehicles in your path.
- 7. GO WITH THE FLOW OF THE TRAFFIC**
Bike in the direction of the traffic and always follow lane markings. Never weave in and out.
- 8. DON'T GET DISTRACTED**
Don't talk on the phone or listen to music while riding.
- 9. DO A BICYCLE TEST**
Check the saddle, handle bars, pedals, wheels, brakes and lights.

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