



At a red traffic light, change down to a lower gear and stop; only go again when green. Jumping lights endangers pedestrians and gives cyclists a bad name. Only move into an advanced stop box if you know you can get there before traffic starts to move. Position yourself in the middle of the lane so that you are clearly visible.

### Signal your manoeuvres and make eye contact with drivers of vehicles waiting to come out

At traffic signals with a left filter green light, move into the centre of the right hand lane if going straight on. If a “left only” lane has no filter light, you may stay in this lane, but move to the centre of the lane to show you are going straight on.



At night, while only one front and rear light are a legal requirement, a second set ensures you are visible should a light suddenly die. A bell is also required to warn pedestrians sharing cycle paths and those about to step out in front of you.

If you are a new cyclist, plan your route carefully, and if possible choose roads marked out for cycling or having cycle paths.

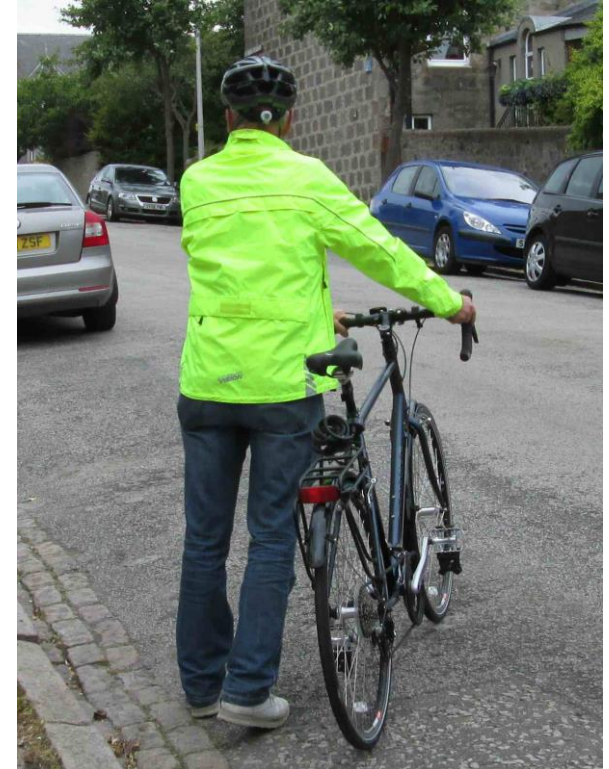


Enlightened councils are introducing 20 mph zones in residential areas; these provide safer routes for cycling to school and for less confident adults.

### This leaflet

No liability can be taken for accidents subsequent to reading. Consult the Highway Code for complete guidance. This leaflet has been designed for giving out with new bikes when sold. It is available either from Aberdeen Cycle Forum ..... or by downloading an electronic version at: [www.sustainability-in-practice.org.uk](http://www.sustainability-in-practice.org.uk). The box below is for the shop's address.

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## Tips for safer cycling in town

## Advantages of cycling

By buying a bike you have joined the cycling fraternity. This includes people who simply need a means of getting to work to those who enjoy the exercise that cycling provides.

The choosing of cycling over driving results in:-

- travel times being predictable to within minutes as traffic congestion has only a minimal impact on cyclists' journey times
- complete freedom to shop with no parking worries
- gaining exercise while travelling
- enjoyment of quiet travel through town and countryside
- using a sustainable form of transport

The main downside, however, is your increased vulnerability in an accident through not being protected by a car's steel body. The tips that follow suggest how to stay safe.

## Tips for safer cycling

Being seen is the priority, so wear a high visibility jacket (See front photo). Helmets protect against head injuries but are not required by law.

Never assume you have been seen until you make eye contact with drivers. Vehicle drivers are looking out for cars and lorries, not bikes, so cyclists have to look after themselves. Being in the right, but having an accident makes no sense.

Always be aware of traffic around you, including behind, and signal all intended manoeuvres clearly. Engine noise warns you of approaching vehicles so don't listen to music while cycling.



At junctions or roundabouts, make eye contact with vehicle drivers waiting to move out, and only proceed once they have seen you.



In traffic moving faster than you, cycle 0.5-1 m from the kerb to be seen and to allow cars to pass. Where roads narrow as above, move to the centre of the lane to prevent vehicles overtaking you at such pinch points.



Cycle a door's width away from parked vehicles in case a door is opened.



In slow moving traffic, keep to the centre of the lane behind a vehicle, so that you can see its brake and indicator lights.

If a queue of traffic is stationary and you are cycling carefully (filtering) between vehicles and the kerb, stop moving if the traffic starts to move and tuck yourself in behind the next vehicle to pass you. **Never** filter when vehicles are moving. Never move between large vehicles (e.g. lorries) and the kerb; they may not be able to see you, and may suddenly turn left across your path.



At roundabouts or right turns, look round to see if it is safe to change lanes, signal clearly, move into the centre of the right hand lane and stay in this lane till you exit. If this is too daunting, dismount before the roundabout and use the pelican crossings to turn right or alternatively choose another route.