

# Sharing the URBAN roads for Safer Journeys

Cycling is great fun, a great way to exercise and an excellent way to get around.

## Be Prepared

Check your bike before you start – brakes, tyres, chain, lights and reflectors. Ensure accessories such as pumps are properly secured to the bike

Plan a safe route. Where possible choose a route that you are comfortable with and wherever possible avoid busy roads and junctions. Pick routes where you can use bike lanes and shared off road paths as much as possible. Ensure you have spare tyres and basic tools for repairs.

## Be Aware

Be observant and aware of your surroundings. Other users may not always see you. Watch for car doors opening, vehicles stopping suddenly, pedestrians particularly the elderly and the very young, potholes, rubbish, grates, changing of lights and other hazards.

## Be Confident

Ride in a straight line, at least one metre from parked cars. Always give clear signals for your safety and for that of others. After you have signaled make your move quickly and safely

## Be Considerate

Try not to hold up the flow of traffic – don't sit in the middle of a lane. Don't make sudden changes. Don't lean on a vehicle at the lights.

## Be Predictable

Make eye contact with other road users. Signal your intentions clearly and in a timely manner. When turning right at intersections the safest way is a hook turn.

## Be Seen

Wear high visibility or brightly coloured clothing. Use front and rear lights at night, and in low light and rain. For extra precautions you can wear a light on your helmet and flashing lights on your legs.

## Be Safe

Ride to the conditions and cycle no more than two abreast. Slow down near parked or lined up vehicles. Leave space between cyclists in front of you and communicate any upcoming obstacles on the road to cyclists behind you and visa versa with vehicles approaching. . Use cycle lanes and advanced stop boxes where provided for.

## Remember to share with care.

NZ Transport Agency (n.d.). *Tips for Cyclists on urban roads* Retrieved from [https://www.bikewise.co.nz/sites/default/files/safety\\_tips\\_for\\_cyclists\\_and\\_motorists\\_on\\_urban\\_roads.pdf](https://www.bikewise.co.nz/sites/default/files/safety_tips_for_cyclists_and_motorists_on_urban_roads.pdf)