

## ROAD SAFETY TIPS FOR CYCLERS

Here are some useful cycling tips for you to consider before you start your cycle route.

Permissions	Make sure you have parent or guardian permission and always let them know your route and if possible, the times of your journey
Plan your journey before you set off	If you have a long ride ahead of you or if you are new to cycling and are likely to get tired before you reach your destination, alter your route to take this into account. This may mean using quiet roads or cycling facilities, such as off-road cycle paths. If you know your route well, you can plan the road ahead more effectively.
Anticipate movements	Some vehicles travelling in front of you may need to stop quickly so leave enough distance between you and the vehicle. Remember to take account of the road conditions and weather.
Positioning	To maximise your line of vision you are encouraged to cycle in a primary position.
Monitor your speed	It's great to use declines to build up some speed without exerting any energy but ensure you are in control and able to avoid any oncoming vehicles in your path, cycle at a safe and consistent speed.
Be aware and anticipate	Always be aware of what is happening around you.
Be seen	Move into the primary position to pass side roads if there is any danger in order to maximise the chances of you being seen. The Highway Code advises that you should wear light-coloured or fluorescent clothing in daylight and poor light conditions it also recommends reflective clothing and/or accessories in the dark.
Avoid filtering when it will put you in conflict with other road users	Filtering is a useful way for cyclists to get ahead of queuing traffic. However, you should be aware when filtering past junctions as vehicles travelling in the same direction as you may give way to oncoming right turning traffic, which may well be out of your line of sight and may not be aware of your presence. Be extremely careful if passing an HGV, LGV or other long vehicle (for example, a coach or bus) on the inside. Avoid this if at all possible.
Check for a gap in the traffic when avoiding obstructions	If you can only avoid an obstruction by moving out into the flow of traffic, check over your right shoulder first to ensure you have room to move out. If a vehicle is travelling too close to you to allow this, slow down until you have a safe gap.
Weather	Adequate foul weather clothing is to be carried or worn by all personnel if required and this should be tailored to the local weather forecast.
Consider Packing the following items for the journey	<p>Bike – Hybrids, road bikes or mountain bikes are all great for riding on different terrain</p> <p>Helmet – Protect your head in case of an accident</p> <p>Puncture Repair Kit – Get rolling again quick if you puncture a tyre</p> <p>Mini Pump – Inflate your tyre again after fixing a puncture</p> <p>Mini Tool – Useful for fixing mid-ride mechanical issues</p> <p>Hydration – Stay hydrated with water or sports drink to avoid cramp</p> <p>Water bottle cage &amp; water bottle</p> <p>Hydration pack</p> <p>Nutrition – Refuel as you go so you can keep riding for longer</p> <p>Energy Bars</p> <p>Energy Gels</p> <p>Mobile Phone</p> <p>Saddle Bag or Rucksack</p> <p>Cycle jersey</p>

Finally, always remember to follow the Highway Code.