

# Cycling: be SAFE, be SMART



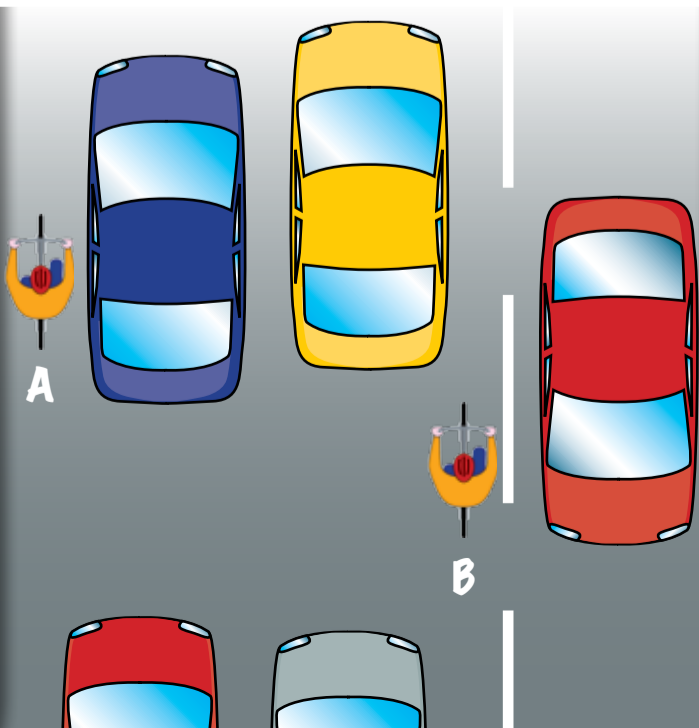
## Safer Roads West Yorkshire

### Filtering

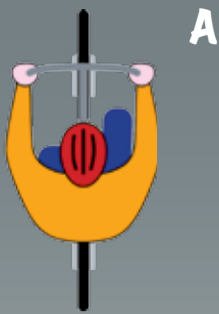
In stationary or slow moving traffic it is legal for cyclists to filter through.

- A** Filtering up the left is not advised unless a cycle lane exists, drivers may not see you and doors may open. When cycling between lanes cyclists need to be aware of changes in vehicle directions and react accordingly.
- B** Filtering on the outside is preferred although similar challenges exist, so cyclist need to be aware, and moderate their speed.

When congestion eases move back into traffic, clearly signalling your intention to do so. Take up the secondary position when safe to do so.



footpath



### Road position

- A** Primary position or taking the lane. Taking up a position in the centre of the traffic lane, generally the safest place offering high visibility to other road users and discouraging them from overtaking. Should be used at junctions and in places unsafe for overtaking.
- B** Secondary position is a riding position about 1 metre to the left of moving traffic, but no closer than 0.5 metres from the kerb (avoiding debris and hazards). To be used where overtaking by faster moving vehicles is safe.

### Signalling

- A** Turning left: when approaching a left turn, signal with left arm perpendicular to direction of travel. Before making the turn check over right shoulder and when safe to do so take a wider position into the corner to prevent other vehicles attempting to overtake around the corner.
- B** Turning right: 100m from turn begin looking back to find safe gap in traffic, once safe to do so signal with right arm showing desired turn direction, move across lane, taking up a position around 1m from centre line. Turn when safe gap appears in oncoming traffic.

footpath

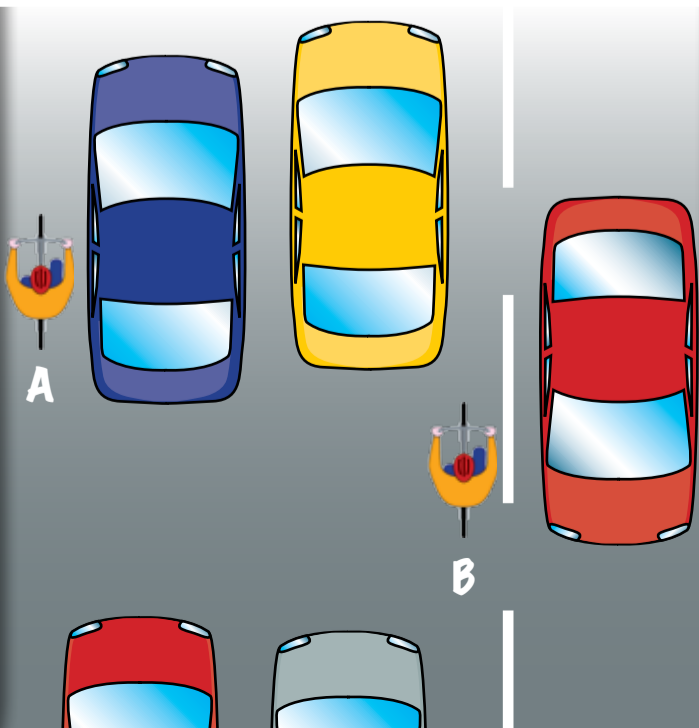


### Filtering

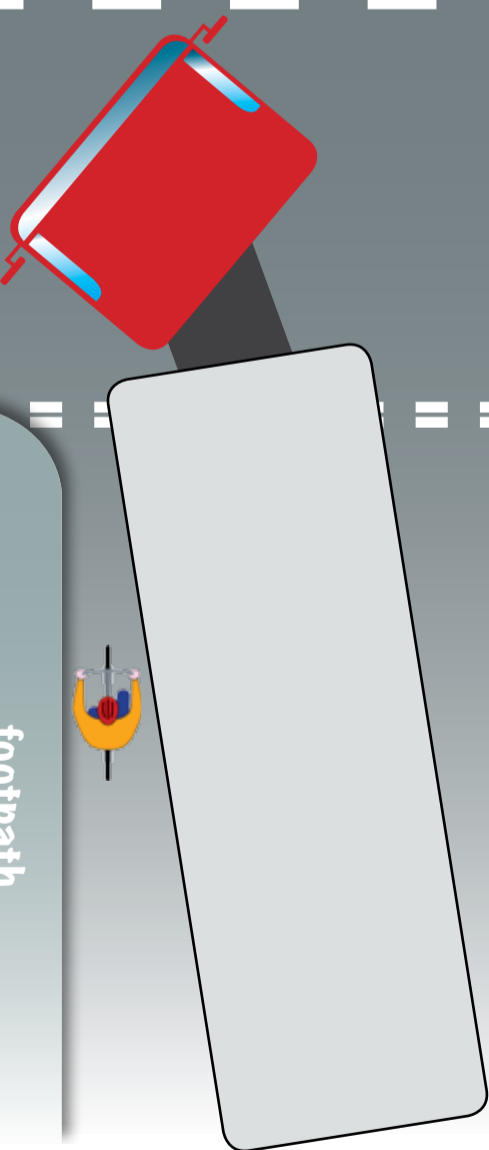
In stationary or slow moving traffic it is legal for cyclists to filter through.

- A** Filtering up the left is not advised unless a cycle lane exists, drivers may not see you and doors may open. When cycling between lanes cyclists need to be aware of changes in vehicle directions and react accordingly.
- B** Filtering on the outside is preferred although similar challenges exist, so cyclist need to be aware, and moderate their speed.

When congestion eases move back into traffic, clearly signalling your intention to do so. Take up the secondary position when safe to do so.



footpath

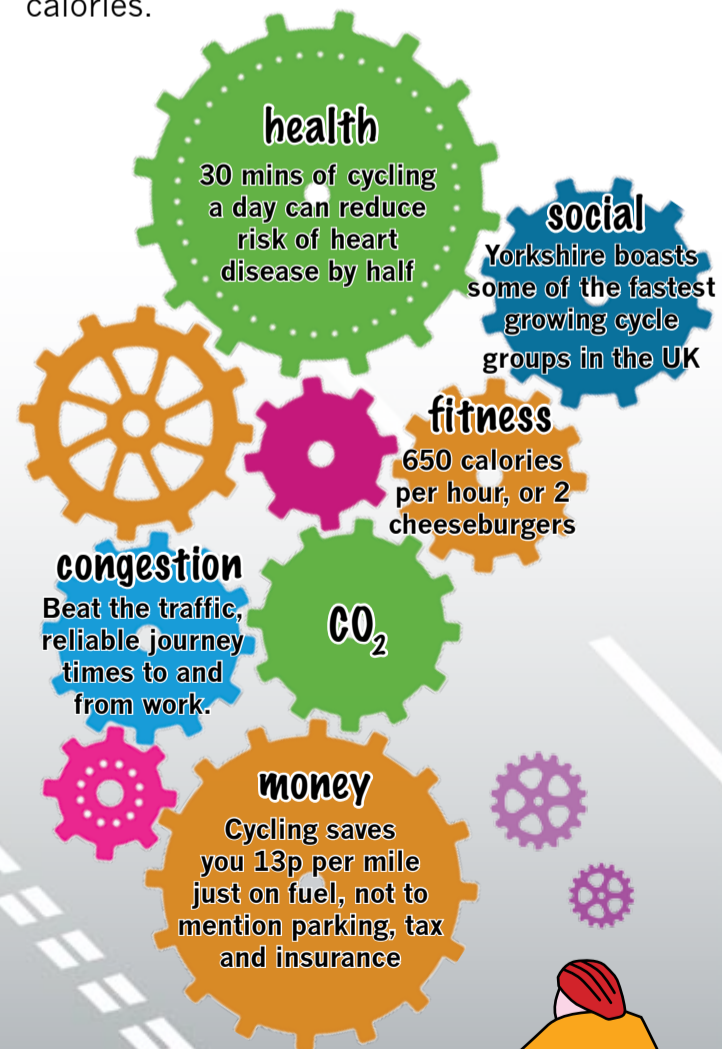


### HGVs and large vehicles

HGVs and other large vehicles may have considerable blind spots in front and on the nearside of their vehicles. Never undertake these, especially at junctions. Stay back or overtake on outside if safe to do so.

### Why cycle?

On average one hour's riding will burn 650 calories.

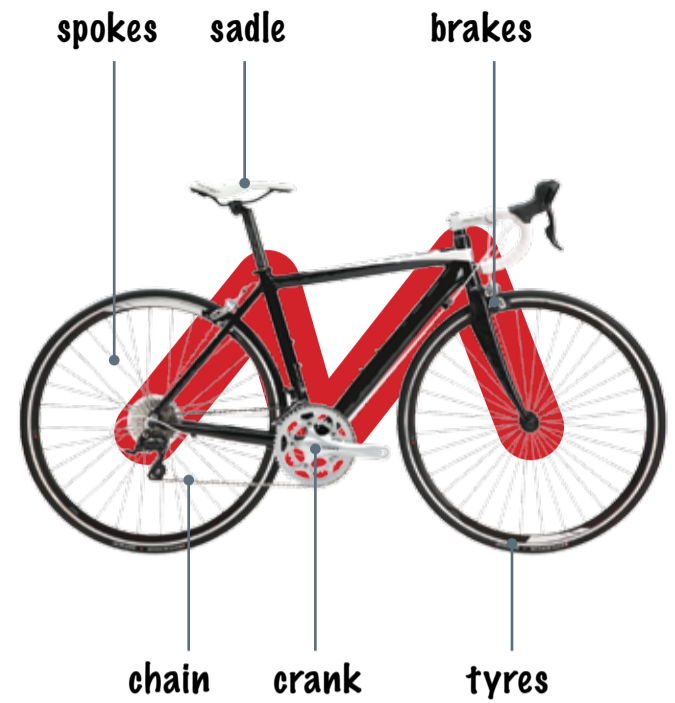




## Riding in a group

- 1 Keep your handle bars in line with the cyclist next to you and elbows 15-50cm apart.
- 2 Maintain a steady pace and a straight line.
- 3 If you are a rider on the outside of a corner try increase your speed a little to maintain handle bar position.
- 4 Do not pin the inside rider to the kerb, allow them some space to avoid, drain covers and road debris.
- 5 If you are the inside rider do not drift too far from the kerb as the outside rider is pushed toward oncoming traffic.
- 6 Be considerate, although riding two-a-breast is legal allow other road users to pass when it is safe to do so.

## The Check



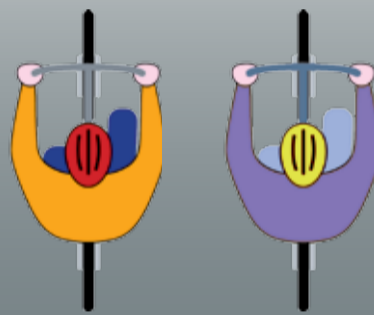
## Look after your bike

Regular check ups will keep your bike in good condition, reducing costly repairs and extending your bike's lifespan.

- 1 Check tyres – pressure, wear; brakes – working; spokes – tight and all in place.
- 2 Check forks – no cracks etc; no looseness in headset/handlebars.
- 3 Frame – not cracked or bent, chain moving freely and between gears.
- 4 Saddle and seat post do not move.

## Descents

When descending a hill always cover your brakes and moderate your speed. Take a position in the road that allows you to approach bends safely and maximises your visibility of the road, while also ensuring other road users can see you. Cycle to your ability!



## Family cycling

When only one adult is present they should cycle behind the child, slightly further into the road providing a warning to other road users. The adult can see and instruct the child from here, reacting quickly to anything that may occur. When two adults are present one should lead while the other follows.

## Hints & tips



Although not the law it is advisable to wear a helmet when cycling especially for children.

Be bright, be seen. Wear bright colours to help you be seen.



It's the law to use front and rear lights when cycling in the dark! It helps you and others see.

The law and highway code are there to protect you and others, obey it!



## Links

- [www.cycle.yorkshire.com](http://www.cycle.yorkshire.com)
- [www.wygo-cycling.com](http://www.wygo-cycling.com)
- [www.someones-son.com.uk](http://www.someones-son.com.uk)
- <http://www.wakefield.gov.uk/residents/sport-and-leisure/outdoors/cycling-and-walking/cycling>
- <http://www.leeds.gov.uk/residents/Pages/Cycling-and-Walking.aspx>
- <https://www.kirklees.gov.uk/leisure/sportHealth/cycling.aspx>
- [http://www.bradford.gov.uk/bmdc/transport\\_and\\_infrastructure/cycling](http://www.bradford.gov.uk/bmdc/transport_and_infrastructure/cycling)
- <http://www.calderdale.gov.uk/transport/cycling/>

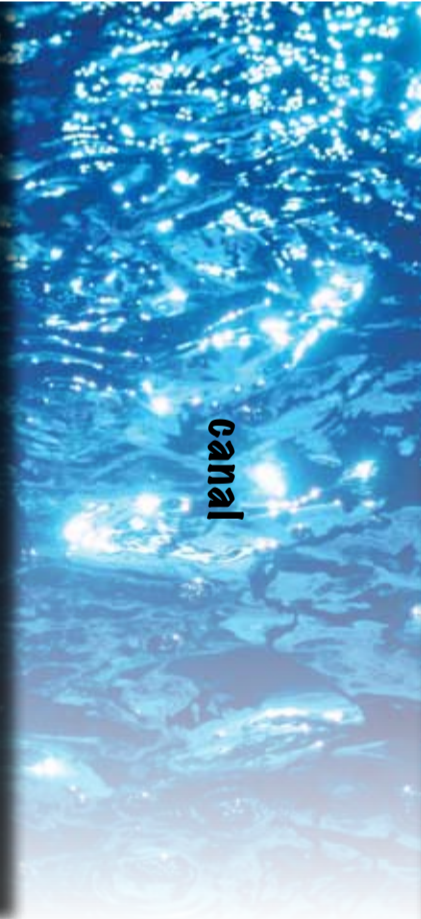
## Considerate cycling

When using shared facilities cyclist should be mindful of other users, notably pedestrians who have priority. When overtaking give plenty of room, moderate your speed and offer an audible warning where possible. Fit a bell if using these facilities on a regular basis.

On canal towpaths especially there are a number of blind corners and bridges, be mindful of other users at these, moderate your speed and provide an audible warning.



towpath



canal



Adult

Child

Adult