

Cyclewise

A guide to
safer cycling
in Plymouth



Some Facts and Figures on Cycling Accidents

- Most injuries to children and young people riding bikes are caused when other drivers or riders are turning right, overtaking parked vehicles, turning left, starting off or stopping.
- 75% of accidents happen at or near a road junction.
- Between 60% and 90% of cyclist casualties are not reported, especially if the victim is a child and it is a bicycle-only accident.
- About one third of all those injured are children. Cycling accidents increase as children grow older and peak around 16 years. This to some extent reflects increased cycling as children grow older, followed by a switch to motorised transport from late teens onwards. It also coincides with the age when children attend Secondary School, and this may indicate riskier behaviour by this age group.
- Around 80% of cycling accidents occur in daylight - which is when most cycling takes place. The most dangerous hours for cyclists are 8.00 to 9.00a.m. and 3.00 to 6.00 p.m. on weekdays.

Why cycle?

- ✓ Cycling is good for your health and fitness
- ✓ Cycling is good for the environment
- ✓ Cycling is convenient and quick, especially for short journeys
- ✓ Cycling is good fun!

Be Cyclewise!

BE SAFE

Around three quarters of cyclists killed have a major head injury. Wearing a cycle helmet will help to reduce the severity of possible head injury by 85%

- Is your cycle helmet the correct size and does it fit properly?
- Are the straps adjusted to be comfortable and fasten tightly, so that it won't come off in an accident?
- The cycle helmet must conform to industry recognised safety standards, which are BS EN 1078:1997, BS 6863:1989, SNELL B.95.



BE SEEN

Wearing the right equipment can help you to be seen by other road users

- Remember to wear something fluorescent by day and reflective by night.
- Reflective materials can be seen in headlights at up to three times the distance when compared with ordinary clothing.
- Fluorescent clothing is only highly conspicuous in daylight.



BE PREPARED

Wear clothing suitable for cycling

- Wear shoes/trainers that are sturdy, not sandals, high heels or shoes/trainers with long laces that could get caught in your chain or gears.
- Wear trousers or shorts and avoid wearing wide bottomed trousers. In cold weather wear gloves and a warm jacket but beware of long dangling cords.

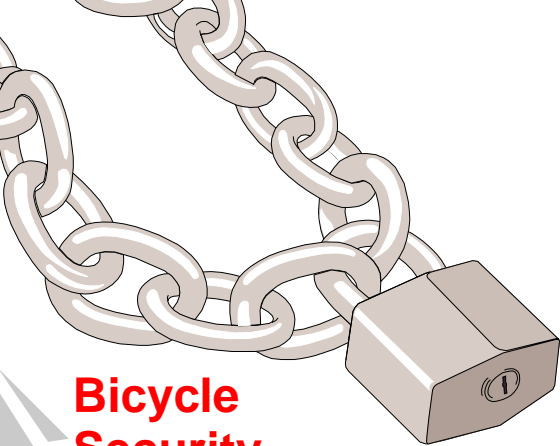
BE TRAINED

Plymouth City Council will help to organise cycle training courses through schools

- An initial course is available for pupils aged 10-11, where cycling skills are developed and hazard awareness is improved. The Pathfinders course is available to older pupils, and includes an accompanied ride of between 12 - 20 miles, encouraging more advanced skills and route planning. To organise cycle training at your school, contact Suzanne on 304316.

Don't break the law

- Cycling on the pavement is illegal.
- Use special cycle lanes or paths wherever possible. In traffic if you are not sure what to do - get your bike onto the pavement and push your bike.
- To comply with the law, a cycle must have two working brakes and a rear red reflector, and at night front and rear lights.



Bicycle Security

There are some simple things that you can do to deter opportunist thieves from stealing your bike. Most local police stations will security postcode your bicycle for free.

- ✓ Where possible always lock your bike in a cycle cabinet or to a solid object such as a cycle hoop, lamppost or railing.
- ✓ If you have quick release wheels, remove the front wheel and lock it to the frame and back wheel.
- ✓ Remove detachable items e.g. pump and lights, when you leave your bike.
- ✓ Mark your frame with your postcode, and make a note of the manufacturer's frame number.
- ✓ Place a security sticker on the frame of your bike to show that it is marked.
- ✓ Never leave your bike unlocked. Buy a bike lock; the best type is a solid D-shaped shackle lock.
- ✓ Ensure you have adequate insurance cover for your bike.



Highway Code Advice

Before you set off

- ✓ Ensure that your bike is safe to ride. Check your bike is in working order, and pay particular attention to your tyres, lights and brakes.
- ✓ Wear bright clothing with reflective material.
- ✓ Wear a cycle helmet that complies with safety standards. The cycle helmet should fit comfortably and sit level across your forehead without obscuring your vision.
- ✓ Get a bell and use it to warn others of your presence.
- ✓ Carry a toolkit and spare inner tubes.
- ✓ Plan your journey to ensure that it is safe and enjoyable, and use quiet roads and cycle lanes wherever possible. Cycle Guides are available from Plymouth City Council - Contact 307728.



On your Journey

- ✓ Follow the advice to cyclists in the Highway Code.
- ✓ Take great care when negotiating junctions and roundabouts - if in doubt get off and walk!
- ✓ Always ride single file on narrow lanes or roads and never ride more than two abreast on wider roads.
- ✓ Remember to use your lights after dark or in bad weather.
- ✓ Be on the lookout for possible hazards ahead, and be ready to deal with them.
- ✓ Be aware what other traffic is doing and be ready to take action if needed.
- ✓ You must obey traffic lights and road signs and the signals made by police officers, traffic wardens and school crossing patrols.
- ✓ If you are carrying shopping or books use proper panniers or use a rucksack. Do not overload your bike, and most importantly do not hang bags from the handlebars as this will cause you to become unbalanced and you could lose control.
- ✗ Do not cycle where you see a 'No Cycling' sign.
- ✗ Do not wear ear phones. You need your ears as well as your eyes to cycle safely.

