

# Good Road Safety Practice



Before starting out on the road, make sure that you know how to prepare yourself and your bicycle for journeys as part of the traffic.

To help you to build confidence when cycling on roads, select a quiet, easily cycled route at first. This will enable you to work on your observation skills and get used to travelling with light traffic.

You may choose to travel with an experienced cyclist who can ride behind you, and observe and help you with your cycling techniques.

On a clear road, with no obstructions (eg parked cars etc) aim to cycle between a half to one metre from the kerb to avoid debris and drain covers. This will also help you to see and be seen by motorists. However, you will need to adjust your positioning as hazards arise and this will take lots of practice.



## Teaching Children

Children up to 9 years should be supervised by adults when they cycle on the road and should travel on quiet routes only.

They may have difficulty in understanding what a hazard is - or how it builds up.

### **A hazard is something that may cause harm.**

They may well have difficulty too, in judging distances, speed of traffic and concentrating for long periods.

## Cycle Training Courses

Cycle training courses for 10 year olds may be available at school.

## 1 Planning Your Ride

Your safety is the most important consideration when you are cycling. When choosing your route, the safest one may not be the most direct.

Before setting off, think about where you want to go and the hazards that you may wish to avoid, such as busy roundabouts, junctions and main roads or there could be road works.

- Use cycle routes where possible (see no.14). These are sometimes shared with other cyclists and pedestrians and, on occasions, horseriders. Please be considerate of other users
- Cycle lanes are normally on the road adjacent to the kerb. However some are marked and signed on pavements for shared use by cyclists and pedestrians
- If Toucan crossings are available on your cycle route, always use them
- For cycle route information, see 'contacts' section on the back of the folder



Ground markings indicate segregated route for pedal cycles and pedestrians only (please keep to the correct side)

# Good Road Safety Practice



## 2 Watching and Communicating with other road users

### Essential Observation

Good, all round, observation of what other road users are doing is essential. As your cycling experience develops, you will learn to anticipate the actions of others, as well as identify and prepare for hazards along your route.

**NOTE: A Hazard is something which might cause you harm**



Always look over your right shoulder before setting off, changing direction or stopping. This helps you to assess your safety when cycling on the road.

Looking behind also warns drivers that you may change course or direction.

As your cycling ability and experience develops, you should aim to:

- Look regularly - to see what is behind you
- Assess traffic conditions. How fast? How big? How many?
- Before signalling, look behind and try to make eye contact with drivers to make them aware of what you intend to do
- Look and signal together. Experienced cyclists do this in heavy traffic or at times when they need to achieve eye contact with other road users, e.g. on roads with multi-lanes

### What should you be looking out for?

- The movement of other road users ahead
- Condition of road surface ahead, eg. potholes, gravel, drain covers. In wet or icy conditions watch your speed as it will take longer to stop and the road may be slippery
- Pedestrians crossing between parked cars (especially children)
- Parked cars, blind corners, animals in the road
- Traffic signs, markings and signals
- Parked cars - doors opening or vehicles moving off
- Traffic emerging from side roads, blind corners, vehicles at junctions
- Have other road users seen you?

# Good Road Safety Practice



## 3 Signalling

When your positioning on the road is good and all round observation informs you that there is no one to signal to, then there is no point in signalling.

The Highway Code states "Signals warn and inform other road users, including pedestrians, of your intended actions. Use them, **if necessary**, before changing course or direction".

When learning to signal, you will need to practise each type of signal for turning left, turning right, overtaking parked vehicles and slowing down. Signals should be bold with the arm extended straight out and level with the ground and last for approximately three seconds (see Zone 1).

Experienced cyclists have a high level of observation which reduces the number of situations when signalling is required.

## 4 Starting Off

- Choose a place on the kerb side where you have a good view of other road users and they can see you
- Ensure that your bike is in a low gear
- Get on from the left side, by the kerb, with your right pedal in the 'two o'clock' position
- Look all round for traffic (including over your right shoulder) before starting off and if the road is clear -
- Move off, keeping to the left approx a half to one metre from the kerb. Select a higher gear as you speed up

**NOTE: There is no need to signal unless you are starting off alongside other traffic on a wide road**

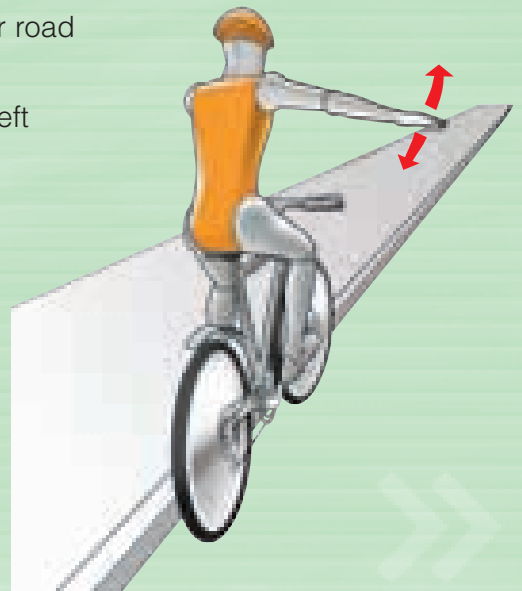


## 5 Stopping at the kerb side

- Look well ahead for a clear, traffic free area in which to stop and select a lower gear
- Be aware of traffic close behind you and for pedestrians crossing
- Give a 'slowing down' signal only if you need to warn other road users that you are stopping unexpectedly
- Move gradually towards the kerb, stop and get off on the left side of your bike

## 6 Stopping in traffic

- Slow down and select a low gear
- Aim to stop where the driver ahead can see you in the mirrors
- Don't stop too close to the vehicle ahead
- Put your left foot on the ground, right pedal in the 'two o'clock' position ready to set off again



# Good Road Safety Practice



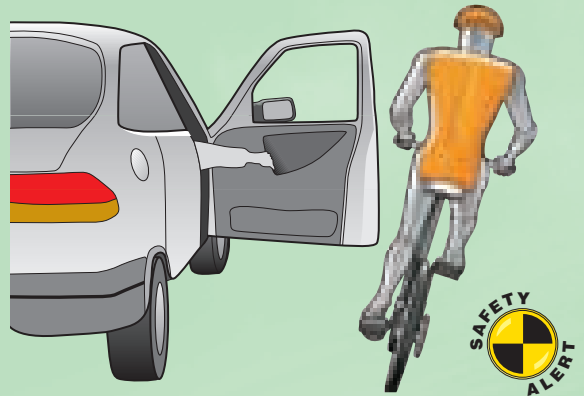
## 7 Overtaking parked vehicles

A high level of observation is needed when you plan to overtake a parked vehicle:-

- Is the driver still behind the wheel?
- Is the engine running?
- Is an indicator flashing?

If so, the driver could be about to move off.

- Look out for pedestrians who may cross from between parked cars
- Always look behind for traffic before you attempt to pull out to overtake a parked vehicle. If traffic is too close, pull into the left and wait until it has passed
- When it is safe to overtake, give a clear right arm signal and pass the vehicle, leaving plenty of room should a door be opened
- Having passed any parked vehicles, return to the left side of the road. There is no need to signal



## 8 Large Vehicles

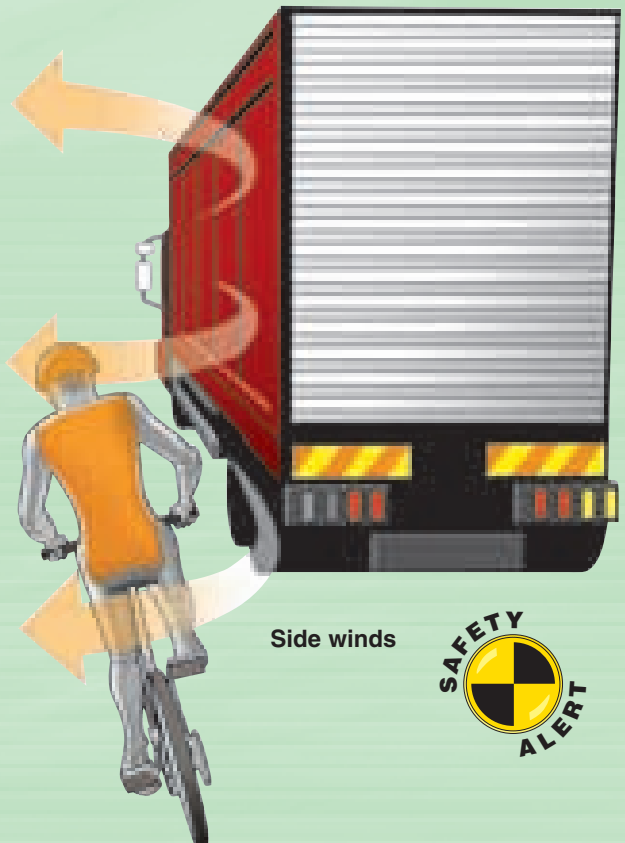
Cyclists and large vehicles do not mix well. Therefore a great deal of care and consideration is needed by both.

Most incidents involving cyclists occur when large vehicles are:

- Turning left at a junction across the path of a cyclist or
- Overtaking a cyclist

When cycling near large vehicles

- Avoid riding on the inside of a lorry. Wait until it moves off
- Be aware that although drivers may not indicate, they could still turn
- All vehicles have blind spots, so presume that you may not have been seen and always wait for them to pull off before setting off yourself
- Be mindful that side winds from large vehicles may affect your stability as they pass
- Make sure that your clothing is highly visible, that you wear a helmet, keep clear of the kerb – and give good clear signals to warn all drivers of your intentions



# Good Road Safety Practice



## 9 Passing side roads

- When riding along the road, be aware that drivers often come out of side roads without giving way to cyclists
- As soon as possible, look into each side road to check for traffic
- Are drivers indicating left or right? Have they seen you?

Be ready to slow down, stop or turn to avoid being hit, should a vehicle pull out in front of you.

## 10 Turning left

- Approach junctions steadily and with care, looking out for traffic
- Give a left arm signal if you need to inform other road users that you are changing direction
- When turning keep a safe distance away from the kerb and watch out for pedestrians and vehicles
- If you are turning left into a major road, in particular watch for traffic approaching from your right. Wait until traffic has passed and stop if your view is blocked by parked vehicles



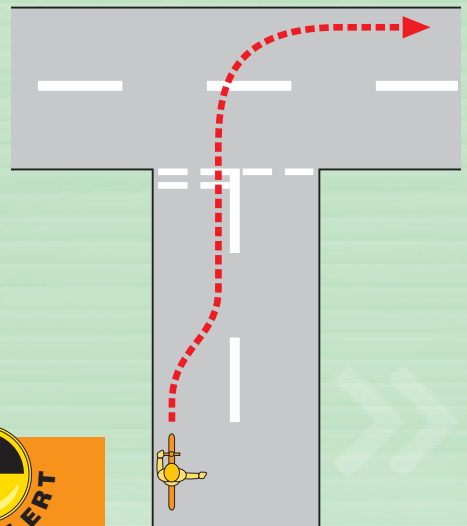
## 11 Turning right from a minor road into a major road

Extreme care is needed when you turn right. Your turn will consist of two phases:

- Moving to the centre of a minor road**
- Crossing the major road**
- Always look behind you before you attempt to change direction on the approach to a junction
- Give a clear right arm signal before you change road position and maintain it as you move to the centre of the road

On narrow single track roads with no markings, give a right arm signal but keep to the left on your approach to the junction

- You must stop at a 'Stop' sign. You should also stop at "Give Way" signs unless the road you are entering is clear
- Watch out for parked vehicles and for traffic which may turn right with you and cut across your path. Also for pedestrians who may step off the kerb
- Only turn when all traffic on a major road has passed and you have judged that it is safe to do so



**Always use the safer alternative if you are unsure about turning right (see over).**



# Good Road Safety Practice

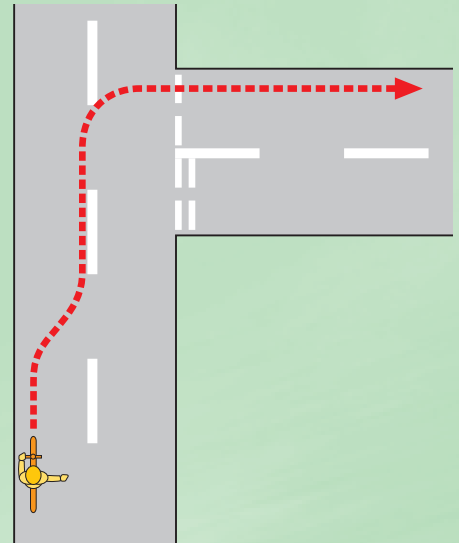


## Turning right from a major road into a minor road

Extreme care is needed when turning right.

Your turn will consist of two phases:

- **Moving to the centre of the major road**
- **Crossing the traffic approaching you on the major road**
- Always look behind before moving to the centre of the road
- If the road is too busy, keep to the left and use the safer 'alternative method' of turning
- If you decide to turn right on your bike, give a clear right arm signal and keep signalling until you reach the centre of the road
- Wait opposite the road you want to use until you have judged that it is safe to turn
- When all traffic has passed, turn into the minor road, but look out for pedestrians who may step off the kerb in front of you

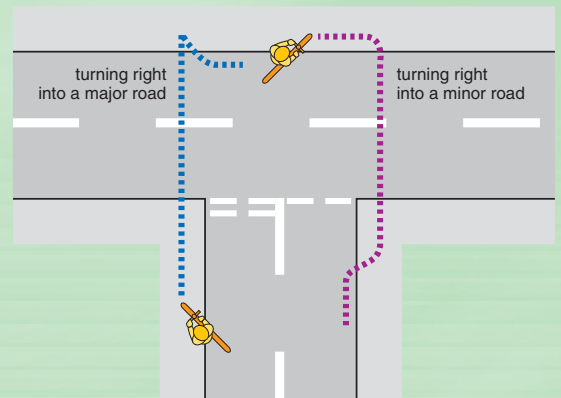


## 'The alternative method' - a safer way of turning right

You may decide that the roads are too busy to attempt to turn right on your bike. There may be problems in taking a central line to the junction and vehicles behind you may be too close.

If you feel at risk, cycling a right turn:

Wheel your bicycle across the road when it is safe to do so.



## 12 Cycling across a major road

- Look over your right shoulder to check for traffic conditions
- Is traffic signalling?
- Keep to the left. There is no need to signal as you are in the correct position
- You must stop at a 'Stop' sign
- Stop at a "Give Way" sign, unless the road is clear of traffic/pedestrians
- Look for traffic ahead and from the left and right and when it is safe move across the major road with care



Rural lanes may not have road markings, so take care!



# Good Road Safety Practice



## 13 Unmarked crossroads

When you are crossing unmarked crossroads, treat them as minor roads crossing major roads and give way to traffic.

## 14 Where to cycle?

### On the road

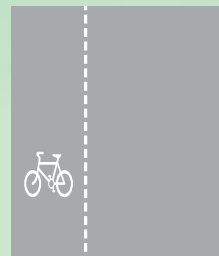
#### Cycle lanes

Cycle lanes are marked out by white lines along the road. White cycle logos are painted within these lanes. There are two types:

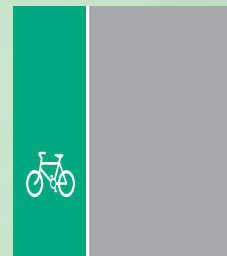
**Advisory cycle lanes** - marked out by a broken white line. They warn drivers that cyclists may be present.

**Mandatory cycle lanes** - these are marked out by a solid white line. Motor traffic is not allowed on mandatory cycle lanes but, be careful - drivers could break this rule!

Some of these lanes are surfaced in a different colour to make them stand out.



Advisory cycle lane



Mandatory cycle lane

#### Bus lanes

Cyclists are allowed to travel along bus lanes if there is a bicycle symbol on the bus lane sign.

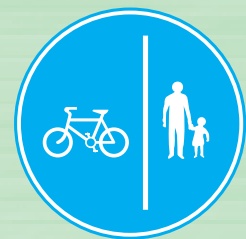


### Off the road

#### Cycle paths/tracks

Cycle paths are often shared with pedestrians. Take extra care when approaching or overtaking pedestrians, particularly children, the elderly, or the disabled. Use your bell to warn them of your presence and always show them consideration and courtesy.

If the lane has a white line separating the cycle track from the path, make sure that you keep to the correct side.



# Checklist



## Good road safety practice

You have completed all the exercises up to section 14 in Zone 2.

You should:

- Feel confident and consistent as a cyclist on quiet roads
- Understand how to apply all traffic rules
- Use high levels of observation and judgement

## Do you. . .

	Yes	No
Have a good knowledge of the Highway Code and the 'Law & Cyclists'	<input type="checkbox"/>	<input type="checkbox"/>
Know the theory of on-road cycling	<input type="checkbox"/>	<input type="checkbox"/>
Get on and off your bicycle and start off correctly and smoothly	<input type="checkbox"/>	<input type="checkbox"/>
Stop effectively	<input type="checkbox"/>	<input type="checkbox"/>
Use gears and pedals efficiently	<input type="checkbox"/>	<input type="checkbox"/>
Cycle one handed and signal for at least 3 seconds without wobbling or losing control of your bicycle	<input type="checkbox"/>	<input type="checkbox"/>
Look behind whilst keeping good control of your bicycle	<input type="checkbox"/>	<input type="checkbox"/>
Turn right, left and overtake parked vehicles on a variety of quiet roads	<input type="checkbox"/>	<input type="checkbox"/>
Use cycling routes on and off the road	<input type="checkbox"/>	<input type="checkbox"/>
Know how to keep your bicycle roadworthy	<input type="checkbox"/>	<input type="checkbox"/>
Know the different types of bicycle and their purpose	<input type="checkbox"/>	<input type="checkbox"/>
Know about clothing and equipment for safer cycling	<input type="checkbox"/>	<input type="checkbox"/>

**If you have answered 'YES' to all the questions on the checklist. . .**

**Congratulations!**

You have completed the 'Good road safety practice' part of Zone Two.

**For information on 'cycling on busier roads' go to the second part of Zone 2.**



# Congratulations!

You have completed



You should:

- Feel confident and consistent as a cyclist on quiet roads ●
- Understand how to apply all traffic rules ●
- Use high levels of observation and judgement ●

Name



# Cycling on Busier Roads



It is recommended that these exercises are supervised by experienced cyclists.

## 1 Roundabouts

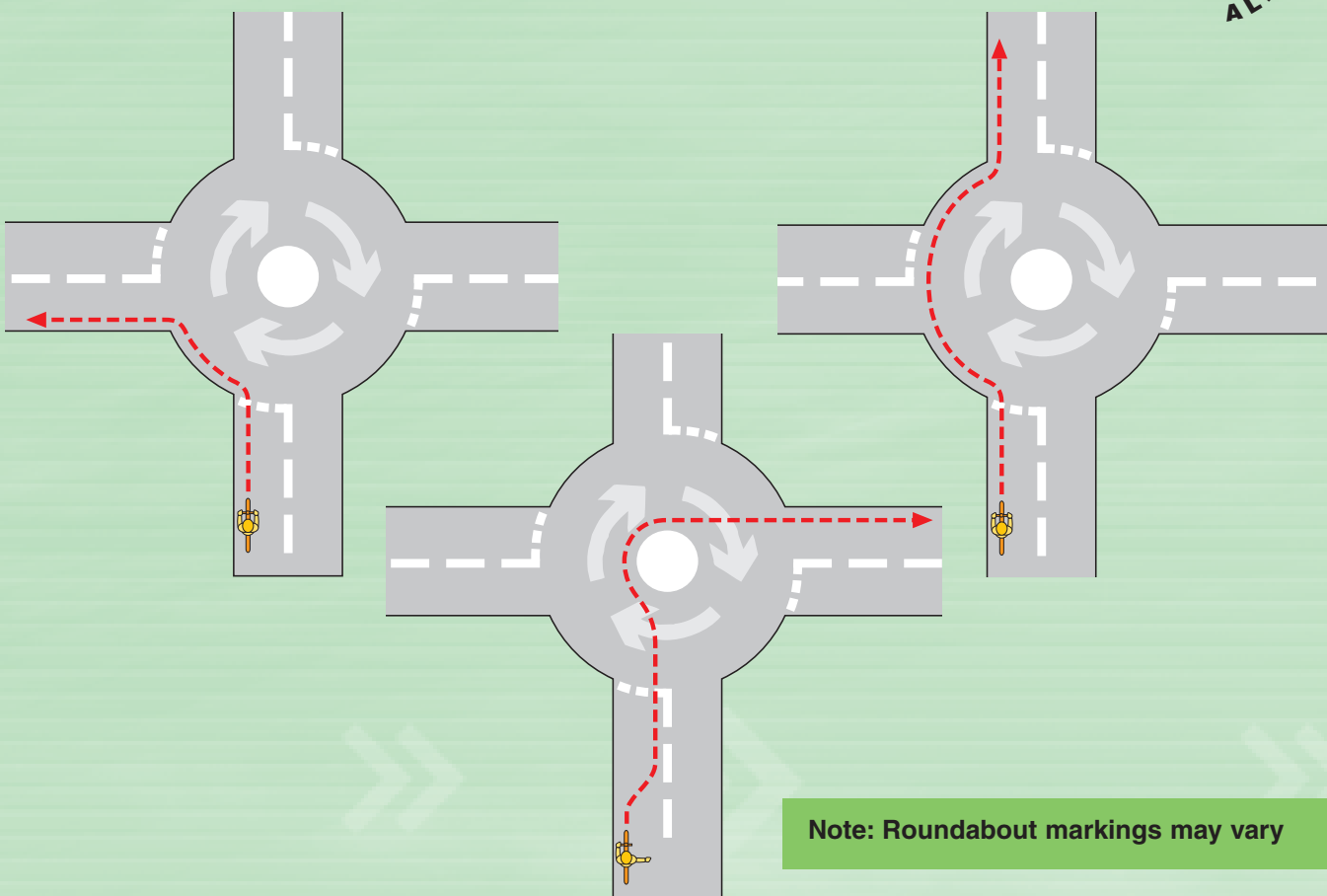
Roundabouts, particularly large ones, can be the most dangerous and difficult junctions for cyclists. When planning your route, avoid using busy roundabouts if possible. Alternatively, you can get off your bike and walk to the road you want to use. Always look carefully for traffic in both directions before crossing.

Some roundabouts may have crossing points or cycle lanes adjacent to help you.



### Points to remember!

- All traffic travels clockwise on roundabouts
- Give way to traffic already on the roundabout travelling from the right, unless road markings show that you have priority
- Maintain good all round observation and inform other road users of your intention to change direction by signalling
- Follow usual procedures for turning right, by looking behind, signalling and moving to the right hand lane or to the centre of the road, if no lane
- Signal left after you pass the exit road before the one you want to take
- Make sure that both hands are on the handlebars whilst turning into the exit road
- Always watch traffic carefully. Vehicles may try to overtake you and cut in front of you before you reach your exit road
- Cyclists are at risk if they keep to the left edge of roundabouts because drivers may cut in. Don't forget, you can walk with your bike or plan a safer route.



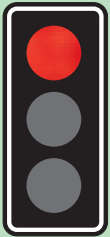
**Note: Roundabout markings may vary**

# Cycling on Busier Roads

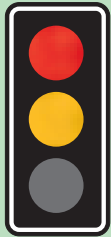


## 2 Traffic lights

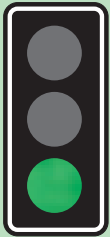
Generally, traffic lights are found at busy junctions. When planning your route, you may be able to avoid them. Alternatively, you may choose to get off your bicycle and cross the junction by walking.



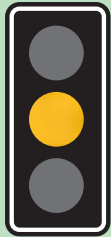
**RED means STOP.**  
Wait behind the stop line



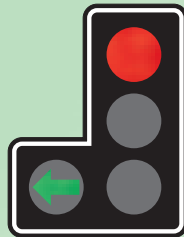
**RED and AMBER also means STOP**



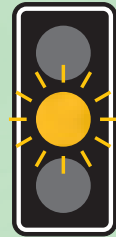
**GREEN means you may go if it's safe to do so**



**AMBER also means STOP**



**If there is a Green arrow you can go in the direction shown if it is safe to do so. You can do this whatever other lights are showing**



**Flashing AMBER means you must give way to pedestrians on the crossing, but you may continue if there is nobody on the crossing**

## 3 Toucan crossings

'Two-Can' crossings are designed for use by both pedestrians and cyclists.

They are often on cycle routes at a point where they meet busy roads. They differ from Pelican or Puffin crossings as they have a 'Green Cycle' symbol on the control box (where you press the button), to let cyclists know when they should cross.



**When the red figure is lit up press the button and wait.**



**When the traffic lights change the green figure will light up. When you have checked the traffic has stopped, you may cross the road.**

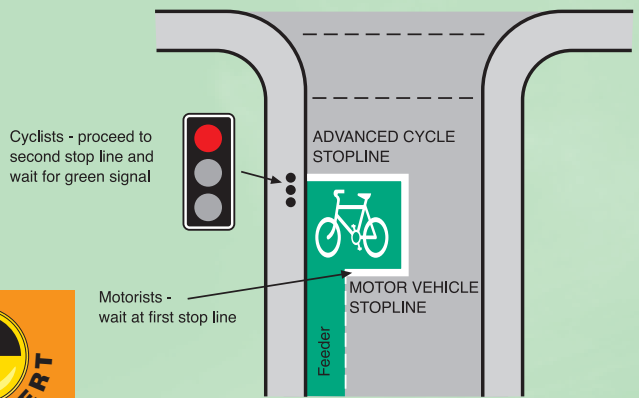
# Cycling on Busier Roads



## 4 Advanced stop lines

Advanced Stop Lines are sometimes marked on the road near traffic lights to aid the safety and positioning of cyclists. Most have feeder lanes which encourage cyclists to move up on the inside and ahead of traffic queues. These feeders may be positioned on each lane or on the left of the road.

**Great care is needed when using feeders to advanced stop lines because your presence may not be clear to motorists.**



## 5 Filtering and overtaking stationary traffic (moving past congested traffic)

Filtering helps experienced cyclists to make progress. A high level of judgement is needed to decide when filtering is safe and when it is not.

It is essential to:

- Stop filtering as traffic speeds increase
- Observe indicators on vehicles as they may pull out or change lane in the queue
- Assume that vehicles may turn left or right without indicating
- Never filter on the left side of large vehicles as you will not be seen by drivers if you are in their blind spot
- Look well ahead over the roofs of vehicles for pedestrians crossing - and for queues moving off



### Complex junctions and busier roads - with no cycle lanes

Cyclists must use the same procedures as drivers when choosing lanes for the direction in which they plan to leave a junction.

This may include taking up right hand or central lanes and joining faster moving traffic.

Experienced cyclists use high levels of all round observation, eye contact with other road users and signalling skills prior to changing course and taking a lane position. This shows drivers which lane cyclists plan to use.