



Prepared and produced by members of the Junior
Road Safety Group from Blackhall Primary School

CYCLE SAFETY

ADVICE FOR CYCLISTS:

1. CHOOSE THE MOST SUITABLE RIDING POSITION DURING YOUR JOURNEY.

Keep at least half a meter away from the kerb when riding on busy roads. You are able to ride in the middle of the lane (Primary Position) on quiet roads or in slower traffic. If you are cycling in large groups, you can cycle side by side in 2's. At junctions with no cycle lane, you should put yourself in the middle of the lane as if you were a motor vehicle, to make yourself as visible as possible. Be careful when passing parked vehicles, Make sure you are a doors width away, to avoid being hit from an opening door. Use the cycle lanes where it makes your journey much easier and safer, if there is a chance to use one.

2. UNDERSTANDING PRIORITIES ON THE ROAD

- When turning onto a road, give priority to pedestrians. You are responsible for keeping people safe.
- When you are cycling at a junction, pedestrians should be given priority when crossing or waiting to cross.
 - Take care when you pass slow moving traffic. Proceed with caution as other people around you may not be aware of your presence.
 - Obey all signals, lights and signs.

3. BE PREPARED

It's always important to be prepared when you are cycling. It is also very sensible and helpful to drivers to wear sensible clothing. For example, to wear bright clothing and a correctly fitted helmet, it is also essential to put lights on your bike when it is dark. You should also avoid wearing clothing that could get tangled in the chain. Some online apps can help you

plan your journey, so it is safe for you cycling. And remember to make sure you have a good grip on your handlebars.

ADVICE FOR DRIVERS:

1. Make good and frequent observations. Stay alert and keep looking for danger. Use your mirrors to check all of your surroundings. Look for people cycling specifically, the more you are expecting to see them, the more you spot them. Use your indicators to signal your next movement. Be careful when you are approaching a junction with a cyclist as they have less control at lower speeds.
If you are able, open your door with your hand that is furthest away from the door, so that you can see people cycling and walking behind you.

2. Give people cycling time and space when travelling at 30mph. Leave at least 1.5 meters space when overtaking people cycling, and you should also pass people riding horses at speeds under 10mph and allow at least 2 meters of space.

Advanced stop lines at lights allow vulnerable road users to get to the front and increase their visibility. You must stop at the first white line reached if the lights are amber or red when the green signal shows allow the road users and space to move off.

Don't turn left straight after overtaking someone cycling. They may not have the time to adjust their speed, which could lead to a collision

Understanding priorities on the road

Remember when you are driving that people crossing or waiting to cross the road always have priority at junctions. Also remember to take care when you are driving near cyclist. When on a roundabout do not try and overtake the cyclists and stay out of the cycle lanes marked with solid white lines.