

Cyclesafety



Cycling safely

The best place to see the full rules for using your bike is the Highway Code. The laws about how and where you can ride a bike are more like the laws for cars than people often think.

For example:

- it is against the law to ride a bicycle on the **pavement** unless there is a properly marked cycle route
- cyclists must obey traffic signs - **that includes stopping at traffic lights**
- Cyclists **must use front and rear lights and have a rear reflector if they're riding at night.**

Other things you should do include:

- making sure your bike is working properly before you ride it
- wearing a British Standard approved cycle helmet that fits you and is strapped on properly
- wearing bright clothes so other people can see you. **If you're cycling at night, wear a reflective vest, belt or strips to make you stand out.**

Things you can do to keep your bike from being stolen:

- ✓ Get your bike post coded
- ✓ Always lock your bike to something secure if you decide to leave it, this includes at school
- ✓ Take a photograph and all the details of your bike to make it easier for the Police to identify it belongs to you and return it if it is stolen