



Bike Commuting Skills

The Basic Do's and Don'ts

Do's

- Follow the Rules of the road..
- Ride 1 meter from the curb.
- Ride in a straight line.
- Communicate your intentions.

Don'ts

Never ride on the sidewalk.

Do not pass on the right.

Never cycle on the wrong side of the road or in the wrong direction.

The 3 A's of Cycling Safety

- **Aware** of hazards on your route
 - railroad x-ings, poor road conditions, puddles (hidden surprises) blind intersections, wide road cracks
- **Alert** at all times
 - Never assume that cars see you especially at intersections
 - Expect the unexpected
 - 75% of car-bike accidents happen at intersections and so be particularly alert for crossing and turning vehicles.
- **Alive**
 - The ultimate goal

Basic Concept

- Cyclists fare best when they act and are treated like vehicles.
- You need to be **visible, predictable, communicate, and follow the rules** if you want to be accepted as a vehicle.
- **Never ride on the sidewalk**, it is more dangerous than the street, especially at intersections.



Bike Commuting Skills

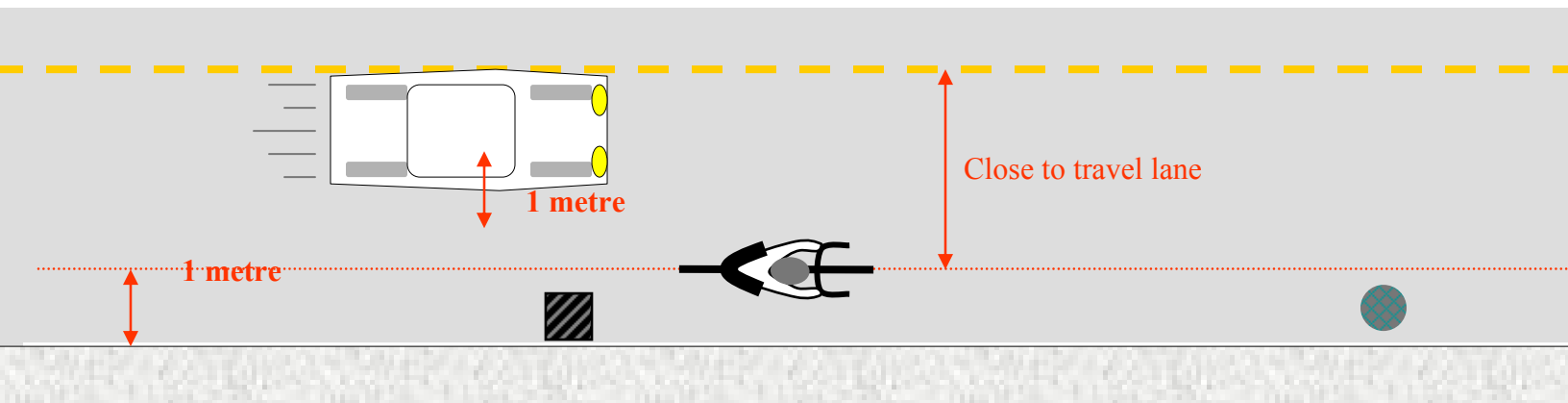
- Sidewalks are for pedestrians and are often congested with strollers, wheel chairs, pets, planters, and sometimes entire families of unpredictable window shoppers.

Basic Theory

- The **correct road position for a cyclist varies** with traffic volume, speed, condition and widths of road, weather, lighting, bike condition, and cyclist's skill level
- Generally you follow the right-most lane that will take you where you want to go

Manoeuvrability

- The Highway Traffic Act says that a cyclist is to **ride as far to the right as practicable not possible**.
- Think of **practicable** as meaning **safe**
- You decide what is practicable for you. Your ability and confidence determines how close you ride to the curb. - Ride **1 metre from curb (minimum)**
- Allow yourself the room to manoeuvre in case of road hazards
- Ride far enough out from the curb that you can maintain a straight line and **avoid debris, and service covers**. - If there is only room for one vehicle, you are that vehicle. (Take the lane)

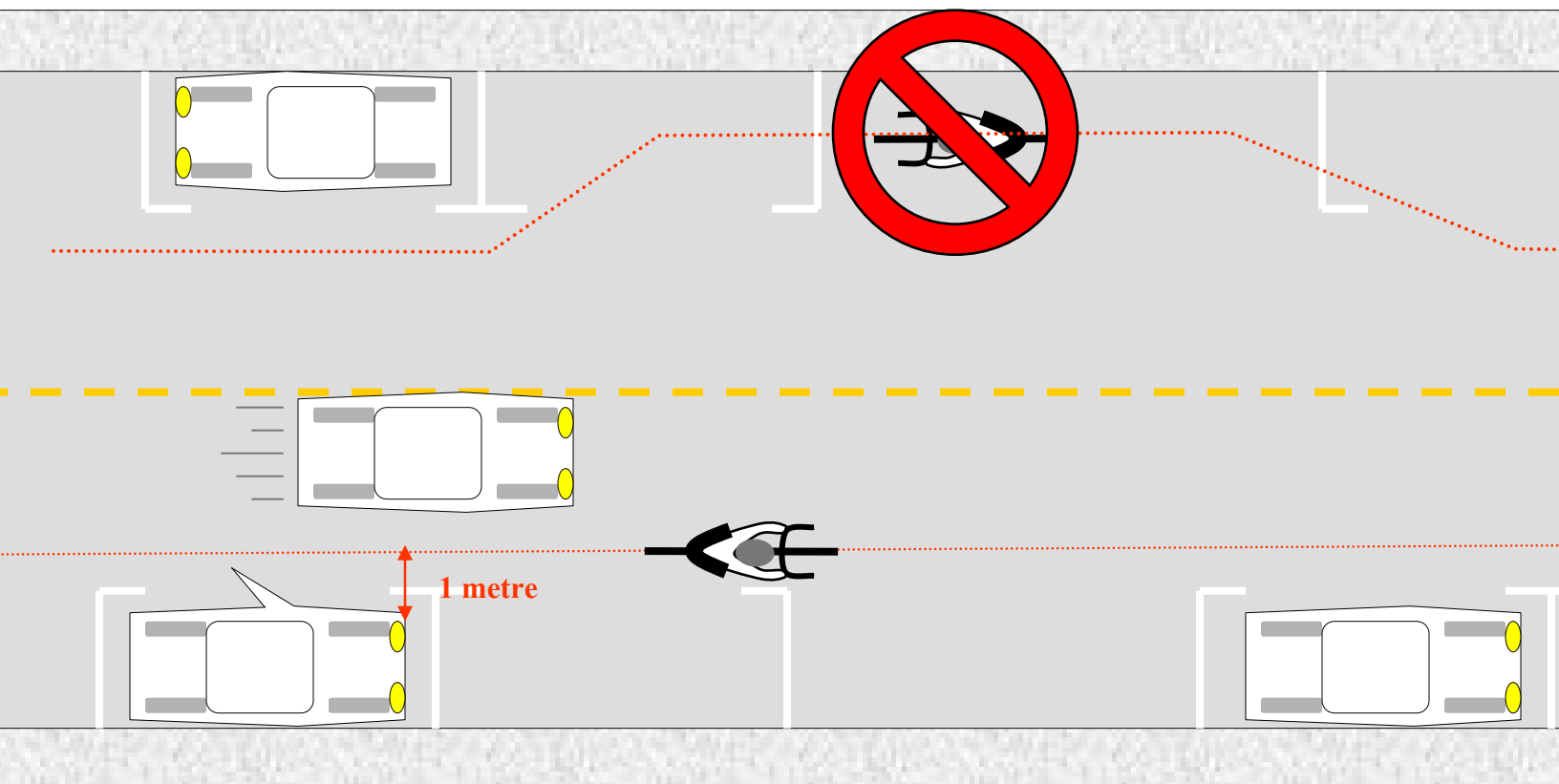




Bike Commuting Skills

Visibility and Predictability

- Stay in motorists' field of vision.
- Have the appropriate **safety equipment and bright clothing- Ride in straight line**, no weaving in and out.
- Stay far enough away from parked cars to allow for the door opening (1 meter)
- Don't ride on the wrong side of the road or in the wrong direction.
Drivers are not expecting you there.

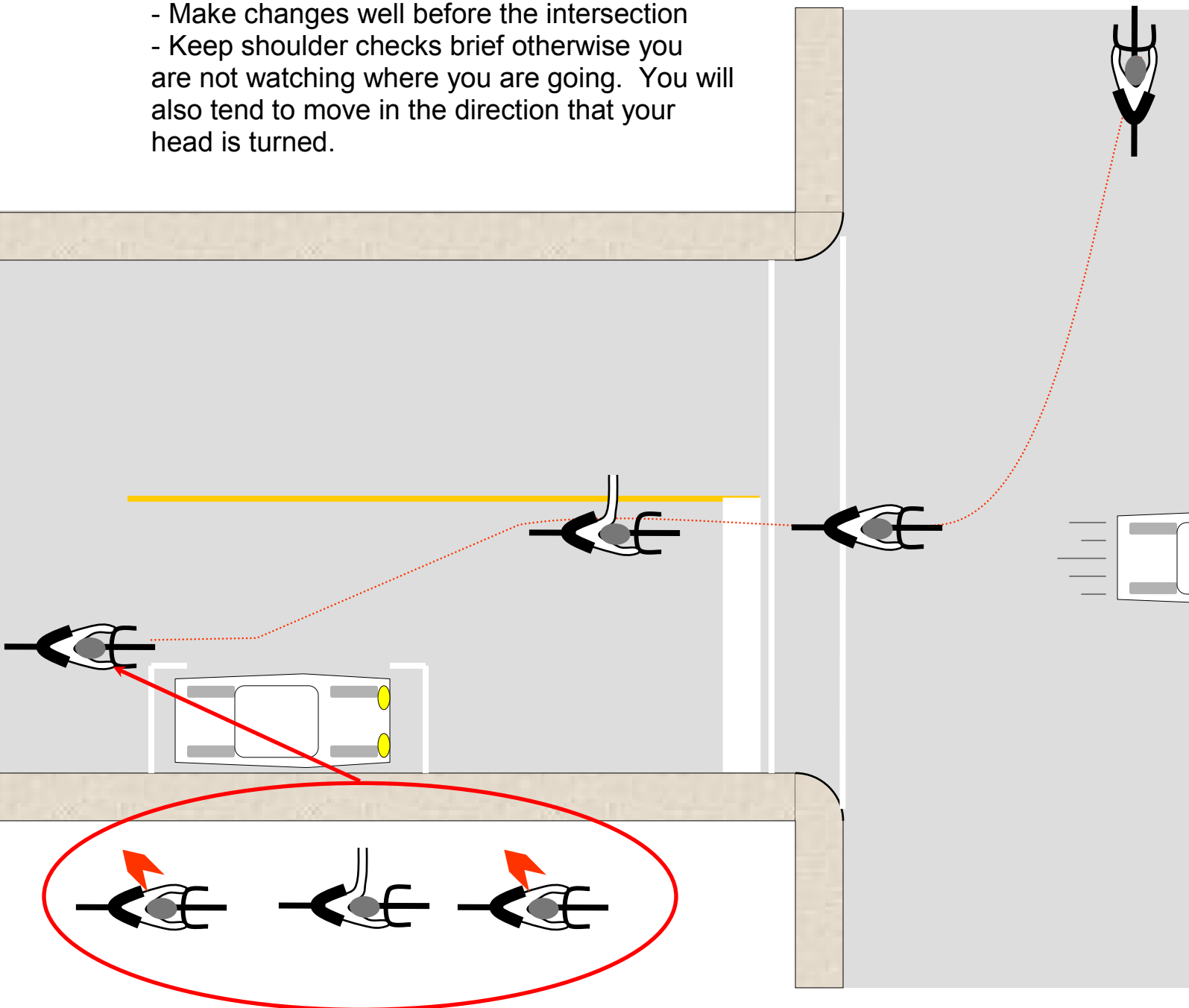




Bike Commuting Skills

Communicate

- Let others (cyclists and vehicles) know what you're doing and allow them time to react. Plan your lane changes well in advance.
- Body language and signals are important- Shoulder checks are an important part of your body language, it shows the driver you are contemplating a move.
- Always shoulder check first before you stick your arm out
- Make changes well before the intersection
- Keep shoulder checks brief otherwise you are not watching where you are going. You will also tend to move in the direction that your head is turned.





Bike Commuting Skills

Passing on Right

- **Slower traffic** is generally to be **at the right** on the roadway.
- **Don't pass cars on the right** no matter how tempting it is.
- **If you want to be treated as traffic, act like it.**
- **Center yourself behind the car** so that you are not squeezed out.
- Never put your foot on the curb. When you first start slowly you can tend to wobble a bit. Give yourself adequate room until you are back in the flow.
- If you arrive first, take the lane.

