

10 Golden Rules

WHEN GETTING ON YOUR BIKE, ALWAYS REMEMBER TO CHECK YOUR EQUIPMENT IS WORKING PROPERLY BEFORE EACH JOURNEY

1

Wear bright clothes so that you can be easily seen

2

Always wear a cycling helmet

3

Know your 'Rules of the Road'

4

Don't play games or trick cycling on the road

5

Look ahead for uneven road surfaces and either avoid them, or ride over them carefully

6

Look at what other road users are doing and be ready to take action

7

Always ride at a speed which allows you to slow down or stop in time to avoid a hazard

8

Look and signal before manoeuvring to avoid a hazard

9

If you aren't comfortable with conditions or the road, check, pull into the left, stop and get off

THE MOST IMPORTANT RULE OF ALL:

10

Most important

Stay Alert