



# TEN GOLDEN RULES FOR SAFER CYCLING

**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**

**KEEP ALERT to avoid hazards at all times**

