

Cycling

Cycling is fun, it's fast, and it's great for your health and good for the environment too. Whether you are about to start cycling or you've been doing it a while, you need to know about safety and looking after your bike.

BEFORE YOU SET OFF - make sure your cycle is safe to ride - your brakes are working well and your tyres are in good condition.

Always wear a cycle helmet - it will help to protect you if you have an accident.

Make sure that other road users can see you. Wear fluorescent materials in daylight and dusk and something reflective at night.

Remember that riding a bike which is too big or even too small can affect your balance and can be dangerous.

Did you know that it is an offence to cycle at night without a white front light, a red back light and a red reflector at the back, so make sure your bike has all of these and that they are clean and working.

When you have to carry anything on your cycle, use a bike bag or panniers. Make sure that your clothing or anything else does not get caught in your chain or wheels.



Be a safe cyclist!