

# Safety for cyclists

## British Cycling: Road safety tips for members

**At British Cycling we want our members to enjoy cycling safely, so we have asked our experts in our cycle training team to put together ten useful tips to help you along the way.**

### **1. Plan your journey before you set off**

If you have a long ride ahead of you or if you are new to cycling and are likely to get tired before you reach your destination, alter your route to take this into account. This may mean using quiet roads or cycling facilities, such as off-road cycle paths, towards the end of your journey or stopping for a quick break. This might sound simple but accidents commonly happen towards the end of a ride. If you know your route well, you can plan the road ahead more effectively. Why not try out British Cycling's Mapping Tool?

### **2. Anticipate movements**

Some vehicles travelling in front of you may need to stop quickly. You need to leave enough distance between you and the vehicle ahead so that you can pull up safely if it suddenly slows down or stops. Braking distances vary on bikes so know yours before setting off on the road. Remember to take account of the road conditions and weather and be mindful that it takes longer to stop on a bike than it does in a car. What is happening around you can change very quickly so make sure you stay aware of your surroundings at all times.

### **3. Think about your road positioning**

To maximise your line of vision you are encouraged to cycle in primary position, i.e., in the centre of the lane. See Effective Traffic Riding – Part 1 – Primary and Secondary Positions for further information: <https://www.britishcycling.org.uk/knowledge/skills/article/izn20130830-Effective-traffic-riding-part-1-0>

### **4. Monitor your speed and use your brakes effectively**

It's great to use declines to build up some speed without exerting any energy but to ensure you are in control and able to avoid any oncoming vehicles in your path, cycle at a safe and consistent speed.

### **5. Be aware and anticipate**

Always be aware of what is happening around you. This includes vehicles on the opposite side of the road which can cut across your path, vehicles waiting to pull out of minor roads into the major road and vehicles moving out into your lane to avoid parked cars or swerving to avoid hazards. When passing side roads assess the intentions of other road users, for example, are they indicating?

## **6. Be seen**

Move into the primary position to pass side roads if there is any danger in order to maximise the chances of you being seen. The Highway Code advises that you should wear light-coloured or fluorescent clothing in daylight and poor light conditions; it also recommends reflective clothing and/or accessories in the dark. Make sure you know the Highway Code regarding lights and reflectors – it is a legal requirement for you to have a white front and red rear light lit at night and to have a red rear reflector attached (in addition, amber pedal reflectors must be fitted if the bike was manufactured after 01/10/1985).

## **7. Communicate with other road users**

Try to make eye contact with drivers/pedestrians to check whether they have seen you. If the other road user is not looking at you, they may not have seen you!

## **8. Avoid filtering when it will put you in conflict with other road users**

Filtering is a useful way for cyclists to get ahead of queuing traffic. However, you should be aware when filtering past junctions as vehicles travelling in the same direction as you may give way to oncoming right turning traffic, which may well be out of your line of sight and may not be aware of your presence. Be extremely careful if passing an HGV, LGV or other long vehicle (for example, a coach or bus) on the inside. Avoid this if at all possible. See Effective Traffic Riding – Part 2 – Filtering for further information: <https://www.britishcycling.org.uk/knowledge/skills/article/izn20130830-Effective-traffic-riding-part-2-0>

## **9. Check for a gap in the traffic when avoiding obstructions**

If you can only avoid an obstruction by moving out into the flow of traffic, check over your right shoulder first to ensure you have room to move out. If a vehicle is travelling too close to you to allow this, slow down until you have a safe gap.

## **10. Cross tramlines and level crossings safely**

If you need to cross tramlines do so slowly and as close to a 90 degree angle as possible to avoid your tyres slipping into the gap and becoming trapped. The Highway Code advises cyclists to dismount where a 'Cyclist Dismount' sign is displayed.

**Finally, always remember to follow the Highway Code.**

### **Source**

<https://www.britishcycling.org.uk/membership/article/20140102-Road-safety-tips-for-members-0>

[Accessed 5 May 15]

© British Cycling

## Reading

1. What is meant by 'primary position'?

- a. cycling in the middle of the lane ☐
- b. leaning forward over the handlebars ☐
- c. sitting upright on the saddle ☐
- d. looking back over your shoulder ☐
- e. keeping a distance from the vehicle in front ☐

2. Which of the following are required on new bikes according to the Highway Code?

- (i) navigation aids
- (ii) amber pedal reflectors
- (iii) white front light
- (iv) red rear light
- (v) red rear reflector

- a. all of them ☐
- b. (ii) ☐
- c. (iii) and (iv) ☐
- d. (ii), (iii), (iv) and (v) ☐
- e. (iii) and (v) ☐

3. How does the text use structure and language to achieve its purpose?

*In this question you will analyse purpose, language and structure.*

---

---

---

---

---

---

---

---

4. In your own words summarize the key points to remember about cycling safely.

*In this question you will retrieve, synthesize and summarize information.*

---

---

[illegible]

5. This text and the text '**Geraint Thomas**' both concern cycling. Compare the way in which the activity of cycling is presented in the two texts.

*In this question you will compare two texts.*

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

## **Writing**

6. Write about a time when you had a narrow escape. Write 350-500 words.
7. Write brief but clear instructions for carrying out a task at which you are skilled. Examples could include playing a particular game, performing a sporting activity or cooking. Write 200-300 words.

## **Oracy**

8. Topic: Wales

In 2014 the first two stages of the Tour de France, including the prestigious Grand Départ, took place in Yorkshire. Prepare a presentation to argue that Wales should stage the opening of the Tour in future. Your presentation should last 5-7 minutes including time to answer questions.