

TOP

10

TIPS FOR
CITY CYCLISTS

1. HAVE A ROADWORTHY
BIKE THAT FITS YOU

Regularly check the brakes and tyre pressure, and don't ignore any strange noises, vibrations, or jumping gears.

2. HAVE GREAT
CONTROL SKILLS

Move your body weight when making an emergency stop.
Be able to swerve safely.

Use your gears efficiently.

Control the bike while looking behind.

Confidently ride one-handed.

Ride with your fingers on your brake levers.

3. USE THE ROAD

Cycling in parks and cycle paths is fine but you are missing out on the freedom to cycle quickly to where you want to go. Cycling on the pavement is against the law.

4. THINK
POSITIONING

Ride away from the kerb, never in the gutter, at least a 'door's width' away from parked cars. Ride in the stream of traffic when you can match its speed.



London Cycling Campaign is a 11,500-strong membership charity, making sure that everyone who cycles, or wants to cycle, has a voice in Greater London.

5. CHECK BEHIND FREQUENTLY, ESPECIALLY BEFORE CHANGING POSITION ON THE ROAD

Looking behind attracts the attention of drivers as well as ensuring that you know what is happening behind you.



6. SEE, BE SEEN, COMMUNICATE!

Communicate your intentions with hand signals and your road positioning.

7. AIM TO ARRIVE AT JUNCTIONS IN THE MIDDLE OF YOUR LANE WHETHER YOU ARE TURNING LEFT OR RIGHT OR GOING STRAIGHT AHEAD

This prevents you being 'squeezed' by drivers overtaking

8. BE HGV / LARGE VEHICLE / BUS AWARE

You could be at risk if cycling on the left of an HGV as it turns left (in the driver's blind spot). Ensure that you are positioned with enough space behind or in front of the lorry so the driver in the cabin can see you. If you can't see the mirror the driver probably can't see you.



9. ROUNDABOUTS

Arrive at, and move through roundabouts in the middle of the most appropriate lane.

10. GET SOME CYCLE TRAINING

Reading these tips is a small start but there is no substitute for on-road cycle training.