

1 Be Bright, Be Seen

Whether cycling in the daytime or at night, always make sure that your clothing is easily seen by drivers. Fluorescent material shows up in the daytime but does not work at night. Reflective material reacts with car headlights and is easily seen in the dark. Clothing made from fluorescent material with bands of reflective material is the best option. Many other fluorescent/reflective items can be purchased to make you more visible, like bands, sashes and belts.

- **Make sure that your clothing is suitable for cycling.**
- **Avoid baggy clothing which may get tangled or cover the lights after dark.**
- **Never carry bags on the handlebars or in your hands. If you need to carry something use a fitted carrier or a small, light rucksack on your back.**



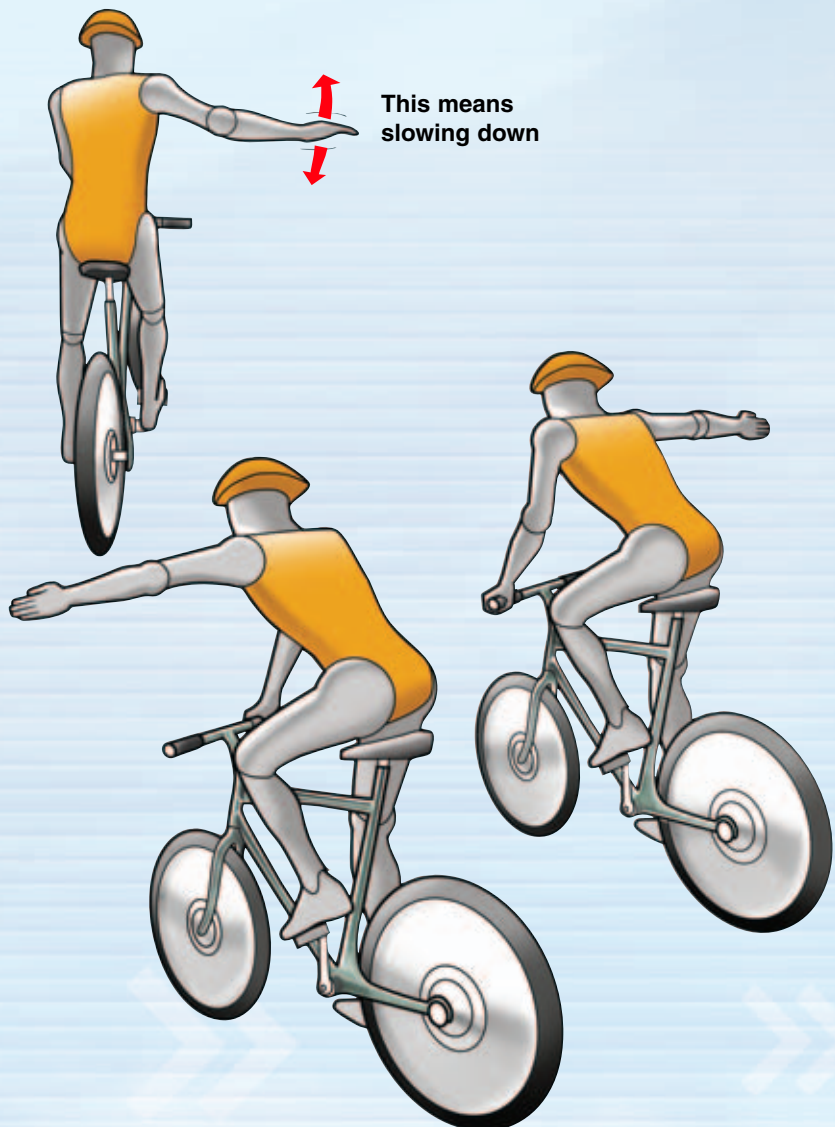
2 Arm Signals

Always look over your shoulder before signalling. Arm signals are used by cyclists to warn other road users that they are about to start off, slow down, stop or change direction.

Practise giving clear arm signals, off the road, until they can be carried out for at least three seconds without wobbling or losing control of your bicycle.

You should practise signals for turning left, slowing down or stopping and for starting off/turning right as shown here.

Return your hand to the handlebars before turning.



3 Bike Parking

Always lock your bike securely when you park it. Try to lock your bike to a purpose built cycle parking stand. Your bike should never be left where it is an obstruction for walkers and other road users.