



BIKEABILITY

LOOK LISTEN THINK!



1	Always get on/off bike on the left hand side.
2	Starting a bike ride – Check that the road is safe before putting bike into gutter. Sit on the bike. put the brakes on, get the pedal ready (middle position), right shoulder check to make sure it is safe to set off, if anything is coming wait until it has passed.
3	Finishing a bike ride – Before starting to slow down do a right shoulder check, use both brakes to slow down, then stop bike as close to pavement as possible, get off bike on the left hand side.
4	Indicating – right shoulder check and then indicate for 3 – 5 seconds, always indicate when riding in a straight line.
5	Secondary Position – Normal riding position (minimum of 1/2 metre from pavement) cars will normally overtake you in this position.
6	Primary Position – Middle of your lane (used when overtaking parked cars, turning left or right at junctions, riding in slow moving traffic) used to control cars behind you. Cars will not normally overtake you in this position.
7	Right of Way -If someone wants to come into your lane, they have to wait for you. -If you want to go into someone's lane, you have to wait for them.
8	See and be seen – If you can see the car they can see you. Normally achieved by your riding position in the road.
9	Eye contact – If you get eye contact with someone you will get their attention.
10	Give Way Lines (are double white lines) at junctions - you have to slow down or stop when approaching them.
11	Junctions with give way lines -You always go out of the junction on the double white lines. -You always go into the junction on the single white lines.
12	Passing Parked Cars – At least a metre away from the car, passing at a sensible speed.
13	U turns – Moving in a U shape from one lane to another and going in the opposite direction. You must always look in front and behind (right shoulder check) before doing the u-turn, <u>if there is anything coming you must not do the turn!!</u> It is better not to do u-turns after finishing Bikeability. If you want to change direction, stop the bike (No. 3) above and cross the road when safe. Then start your bike ride in the opposite direction (No. 2) above.

*** WHEN RIDING A BIKE ALWAYS KNOW WHAT IS GOING ON AROUND YOU ***

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