

Now you can check your bike for safety, here are a few other points to think about before riding on the road.

Cycle Helmets

Cycle helmets can be fun, fashionable and although they do not stop accidents happening, they will help save your life if you do have an accident.

If you do not have a helmet, your local cycle shop can advise you. Make sure it meets one of the following standards:

BS EN 1078:1997 (European Standard)

BS 6863:1989 (British Standard/ European Standard)

SNELL B.95 (American Standard)

Be Seen

Wear bright clothing when you go out on your bike and make sure that car drivers see you and give you enough room.

Flourescent material is made to show up during the daytime; reflective material is for the night. Make sure you will be seen by wearing the right material.

Safe Routes

Always plan your journey with safety in mind. The shortest and quickest route can often be the most dangerous.

Try to avoid very busy roads, roundabouts and too many right turns until you have more experience.

You should always use signed cycle ways and cycle paths when they are available.

