Tips

Safety Tips:

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| Factors | Tip |
| The sun has set. | * Switch on front and rear bicycle lights. Wear reflective clothing. |
| General | * Remember to wear a helmet. * Obey traffic lights and signs. * Don’t cycle on the pavement unless it’s a designated cycle path. * Make your intentions to turn clear using hand signals. * Position yourself in front of road traffic at traffic lights. * Take extra care at junctions. * Use a bell as not all pedestrians may see you. * Consider taking a adult cycle skills course offered by Queen Mary or other universities. * Reminder to take regular stops. |
| Travelling alone at night. | * Let a friend or relative know your destination and likely time of arrival. |
| Visiting a bike shop. | * Be sure to secure your bicycle when leaving it unattended to prevent theft. |
| Bicycle condition. | * Check your bicycle is in good condition, including brake pads and tyres. |

Weather Based Tips:

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| Factors | Tip |
| Hail, ice, snow, sleet or heavy rain. | * Travel extra care when turning as conditions may be slippery. * Consider fitting knobbly or studded tyres to improve grip. * Drop your saddle a bit to lower your centre of gravity. This will give you more control over your bike and allow you to get your foot down on the ground quickly if you slide or wobble. * Consider sticking to main roads during snowy conditions, they are more likely to be gritted and clear of snow. * Brake early and gently, braking distances may double in wet conditions. |
| Fog | * Take extra care due to poor visibility. Make sure lights are switched on. |
| High temperatures | * Drink plenty of water to avoid dehydration. |
| High wind speed | * Sudden gusts of wind may reduce stability, travel at slower speeds and keep well back from tall vehicles. |
| High Humidity and Heat | * Consider wearing a sweat wicking sports shirt in hot and humid conditions. |
| Thunder, lighting and other extreme weather events. | * Consider using public transport to avoid unnecessary risk and harm. |
| High UVI | * The UV index is high today, remember to wear sunscreen especially if you have lighter skin. |

Clothing Tips:

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| Factors | Tip |
| Warm temperatures | * Wear lighter clothing and perhaps shorts. * Thin layers which can be easily removed. |
| Cold temperatures | * Gloves, scarves and hats. * Arm, leg and knee warmers. * Heated jacket * Base layer, helps to keep the warmth in. |
| Foggy | * Reflective clothing. |
| Rainfall | * Waterproof jacket and trousers. * Overshoes |
| Sunshine | * Cycling cap |
| General | * Helmet * Cycling glasses to provide protection against grit, dust or insects. |