Tips

Safety Tips:

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| Factors | Tip |
| The sun has set. | * Switch on front and rear bicycle lights. Wear reflective clothing. |
| General | * Reminder to wear a helmet. * Obey traffic lights and sign. * Don’t cycle on the pavement unless it’s a designated cycle path. * Make your intentions clearly using hand signals. * Position yourself in front of road traffic at traffic lights. * Take extra care at junctions. * Use a bell- not all pedestrians can 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, heavy rainfall and sleet. | * Travel at slower speeds due to slippery conditions. Braking distances are doubled in wet conditions. * 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. * Main roads are more likely to be cleared and be treated with salt, consider using these roads instead. * Brake gently. |
| Fog | * Take extra care due to poor visibility. Make sure lights are switched on. |
| High temperatures and humidity. | * 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. |
| Thunder, lighting and other extreme weather events. | * Consider using public transport to avoid unnecessary risk and harm. |

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. |