

VELORE

# Guide: Driving safely in the city

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Sharing the road with motorized vehicles can be dangerous. But applying some basic rules can reduce the possibility of an accident. Here is a summary of the rules to follow when cycling in the city to avoid endangering yourself and others.

## Test your bike before each ride:

Before each ride, make sure your bike is fully functional. Here is a checklist.

- Brakes
- Bell
- Lights
- Tires (no cracks, no splinters / broken glass)
- Tire pressure (Inflate your tires once a month)
- The chain (to be lubricated once a month with a very small amount of lubricant)
- Tighten the screws once a month.

## Wear appropriate clothing:

Stay visible at all times. Reflective strips, fluorescent helmets, flashing armbands, you need to attract enough attention to be perceived. Wear light-coloured, close-fitting clothing whenever possible.

Cycling in low temperatures is possible. Gloves, hat covering the head and ears, pantyhose, sock... After a small warm-up remove the jacket to avoid sweating.

Sunglasses, summer and winter, they help to limit glare.

The helmet is necessary, even if it does not guarantee an accident, it helps to limit their impact.

## Always comply with the rules of the road:

It is absolutely essential to respect the rules of the road that are respected by those who share the road with you. If you respect it, you avoid surprising other users. An accident between a vehicle of one tonne or more and an individual causes a lot of damage. It can certainly be said that it is very difficult to escape unscathed from such an accident. Good compliance by cyclists allows them to convey a positive image to motorists.

## Some reminders on the rules of the road:

- Do not run red lights.
- Do not drive on sidewalks.
- Do not take any forbidden directions.
- Always report any lane or direction changes.
- Do not drive fast in heavy traffic.
- Use your bell to indicate your presence.
- Attention for the priority on the right: this one is often not respected by motorists (big car small bicycle), exchange a glance with the motorist. You need to know his intentions clearly before you start.

## Respect other cyclists :

A short list to stay and respect the other cyclists:

- Do not pass cyclists recklessly (do not stand in front of them at a red light, do not discuss side by side on bike paths if others have to make efforts to get around you).
- Do not take the bike paths in the opposite direction.
- Don't park your bike anywhere.

## Always drive to the right and watch out for parked cars:

Always drive to the right at a distance that corresponds to the width of an open door, as care must be taken with parked cars. A door opened suddenly and you hit it. Or to be thrown in the middle of the road and exposed to much greater risks.

Be patient and stop when necessary. Resist the temptation to take the left lane and pass vehicles stopped at a traffic light. Don't zigzag between cars, don't drive where you're not supposed to be. Beware of impatient drivers who want to turn right when you want to go straight ahead, and who can make you a fish tail.

Never drive next to a truck or bus, their drivers have reduced visibility, they need a lot of space to turn and the speed at which they fall back on you is surprising, the danger of being crushed is very real !

## Always use lighting at night:

Driving without lighting that makes it clearly visible is synonymous with danger. Lights on your bike is a permanent and effective way to remind you that you are on the road. There are many possible technical choices but whatever the formula chosen, never drive without light again! Think also of other accessories that make you more visible, such as the vest or fluorescent jacket, reflectors on the wheels, luggage rack or pedals.

## Equip your bike:

Your bike should make your journeys easier, more convenient, safer, and more comfortable. In the city, a bell is essential to signal pedestrians, cars and other cyclists.

Equip your bike with a luggage rack to put your belongings on. You wouldn't keep a big bag on your back when driving. It's the same on a bike. Muscle fatigue is much more noticeable with a backpack. In general, avoid carrying yourself when riding the bike, leave this load to the bike.

Mudguards are very useful on wet roads, they keep your feet, clothes, and important mechanical parts of your bike clean and dry.

## Protect your bike:

Estimate the risks in the area where you park your bike day and night. Use a lock adapted to the level of risk and above all, be logical when attaching a bike: the best lock in the world is useless if it only holds the front wheel and you can go with the rest of the bike!

A U-shaped security or frame lock is more effective than spiral cable locks.

Tie your bike in a busy place. When you go to the cinema, do not park your bike in the alley behind but in front of the entrance, where everyone can see it.