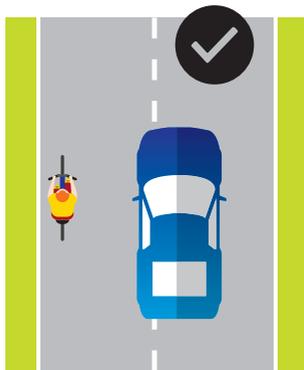
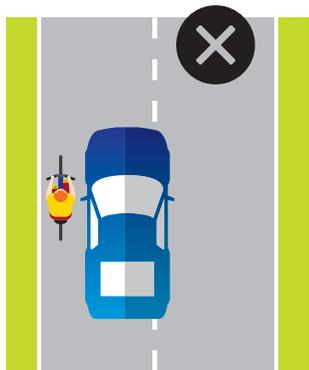




TIPS FOR DRIVERS

- C** **CONCENTRATE:** A small lapse in concentration could mean you fail to see an unprotected person.
- O** **OBSERVE:** Use your mirrors regularly and pay close attention to your surroundings. Adjust your driving to the road conditions. Pay special attention to cyclists near junctions.
- A** **ANTICIPATE:** You can't always predict what other road users will do but by giving it some thought you can reduce the chance of a collision. Expect cyclists to change position on the road unexpectedly to avoid hazards.
- S** **GIVE SPACE:** More room between you and other road users gives you more time to react. Just clipping or nudging a cyclist can have serious or tragic consequences.
- T** **GIVE TIME:** Allow slower road users to travel safely, don't pressure or harass them. Think about the road conditions and give yourself more time to brake.

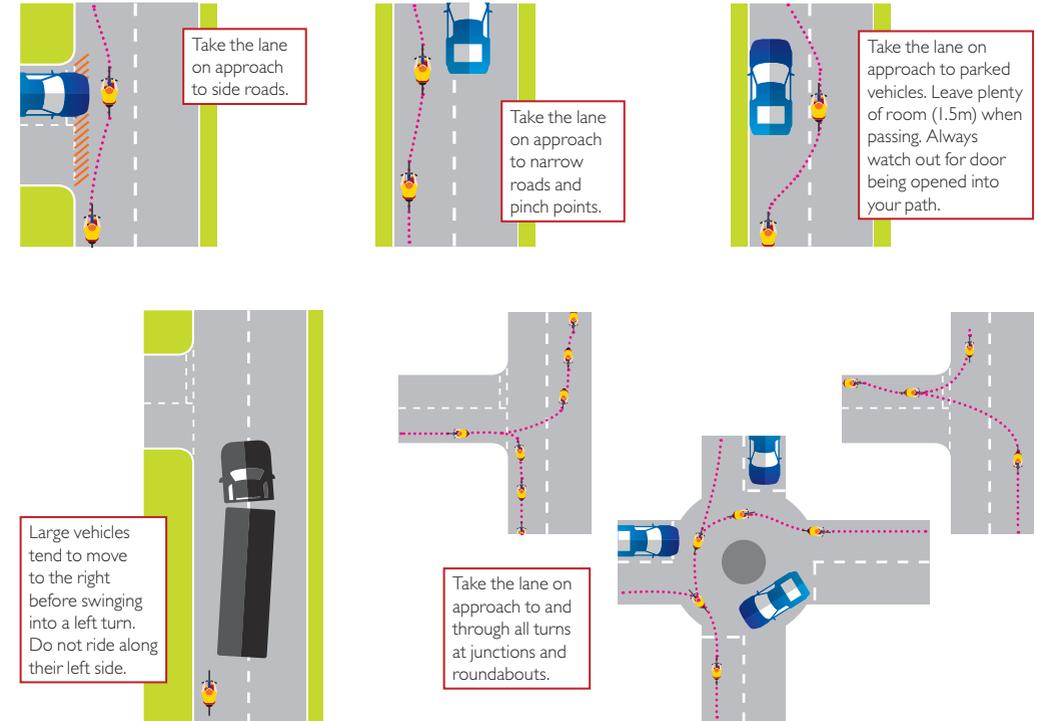


THE LAW

- Cyclists can use the entire lane. Expect them to move out in the road to avoid hazards or to make themselves more visible to other road users.
- Even if there is a cycle lane or path, it won't be appropriate for all cyclists to use all the time.

TIPS FOR CYCLISTS

Recommended Road Position for Cycling



Be aware of what is happening around you
Look well ahead for any hazards or obstructions and always check behind you before changing position or direction on the road.

Look for others to react to you
Never assume another road user has seen you, if you don't see any reaction be ready to brake or manoeuvre if necessary.

Signal before you turn
Let other road users know of your intentions ahead of time.

Large vehicles have big blind spots
Avoid riding or waiting in blind spots and overtake on the right hand side when traffic allows. Move ahead of the vehicle to make yourself visible to the driver.

Make yourself visible
By law you must have lights and reflectors on the front and rear of your bike in dark or poor visibility. It's recommended you wear bright or reflective and fluorescent clothing to make you more visible to other road users.

HIGHWAY CODE

(This applies to all road users)

FOR CYCLISTS

- Rule 60: **At night your cycle MUST have front and rear lights and reflectors.**
- Rule 66: **Never ride more than two abreast, and ride in single file on narrow or busy roads and around bends.**
- Rule 67: **Look all around before moving away from the kerb, turning or manoeuvring. Give a clear signal to show other road users what you intend to do.**

FOR DRIVERS

- Rule 151: **In slow moving traffic be aware of cyclists who may be passing on either side.**
- Rule 163: **Give cyclists at least as much room as you would a car.**
- Rule 170: **Take extra care at junctions and be aware of cyclists.**
- Rule 178: **Some signal-controlled junctions have advanced stop lines to allow cyclists to be positioned ahead of other traffic. Motorists MUST stop at the first white line and avoid encroaching on the marked area.**

For further information about cycling and road positioning:

[britishcycling.org.uk](https://www.britishcycling.org.uk)

If you are an East Riding resident and would improve your confidence cycling on the road, contact:

road.safety.training@eastriding.gov.uk

If you looking for training outside of this area go to:

[bikeability.org.uk](https://www.bikeability.org.uk)