



CYCLING SAFETY



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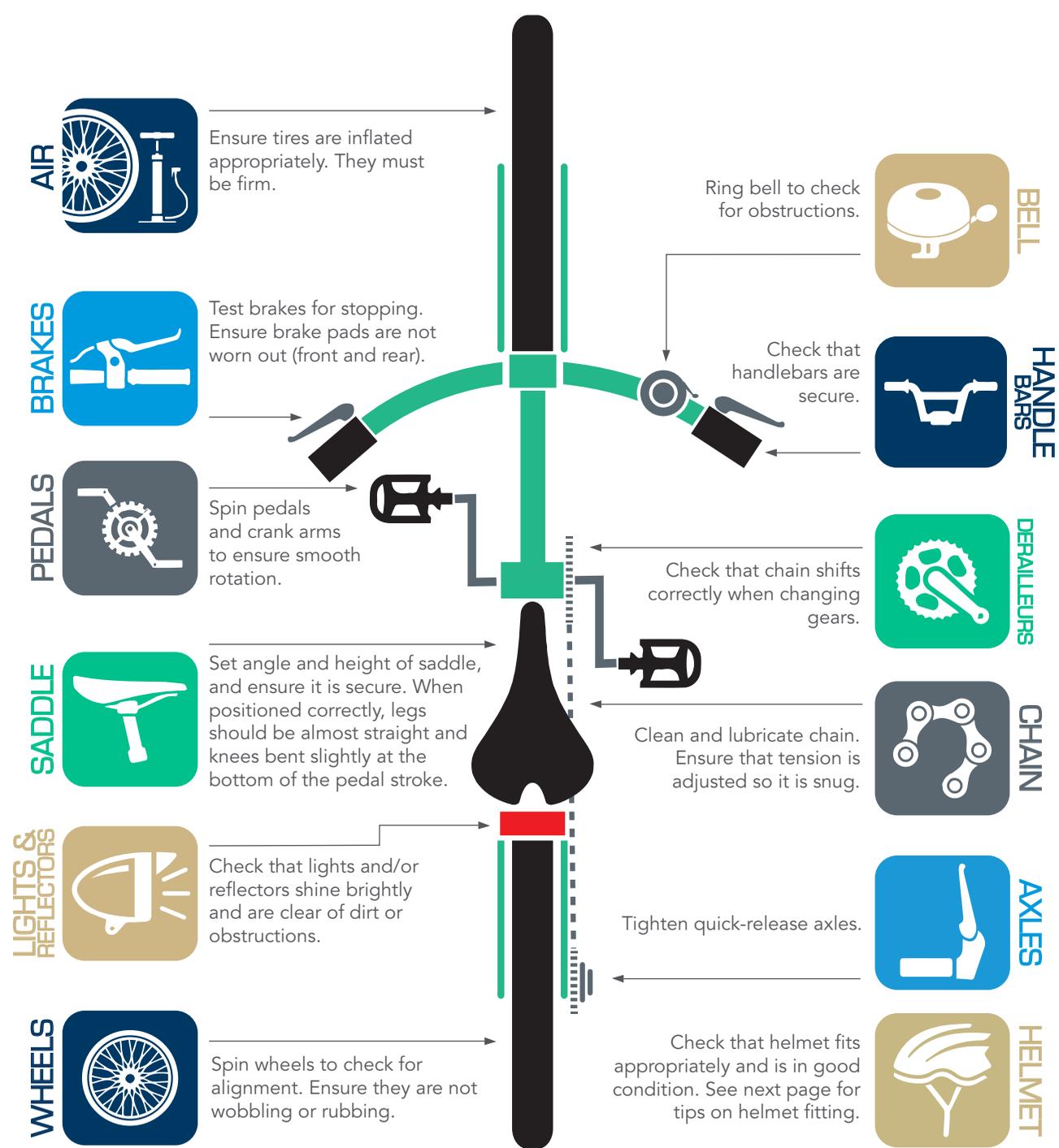


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To request this information in an accessible format, please call 905-668-4113 ext.2551

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Pre-ride Bicycle Safety Checklist



Helmet Fitting

The helmet has to be on your head and the chin strap clip must be fastened under the chin.

A properly fitted helmet should not wobble on your head. Use the 2-4-1 salute to check!



2

Two fingers above your eyebrow to the bottom of your helmet.



4

Four fingers (two fingers on each side) to represent the V-strap around the bottom of your ear lobes.



1

One finger between the strap and your chin.

The helmet is not safe if:

- It has been in a fall or crash.
- It does not fit properly.
- You have had it for more than five years.
- It has any damage.
- It is not designed for your chosen sport (skateboards, inline skates, scooters, or bikes).
- There are any stickers, paint or extra decorations on it.
- A hat or high ponytail is being worn with the helmet.

Required Equipment



Helmet

Cyclists under 18 are required, by law, to wear a helmet when cycling.



Reflective tape

It is suggested to add white reflective tape on the front forks, and red reflective tape on the front and rear of the bike.



Light and reflector

If you ride between dusk and dawn, you need a white light on the front of your bike (not just a reflector) and a red light or reflector on the rear.



Bell or horn

A bell or horn that works must be attached to the bike.

Recommended Equipment



Basket

Having a basket to carry items allows for hands-on steering.



Water bottle

A water bottle and cage attached to the bike frame will help you stay hydrated.



Proper footwear

When cycling, wear proper shoes that cover the toes and back of the foot, such as sneakers.



Bright clothing

Reflective and bright clothing make you more visible to drivers, especially when riding in the dark.



Eyewear

Protective eyewear can keep the sun, bugs, and wind out of your eyes.

Sizing

There are a variety of bicycle types on the market. Whether you choose a touring, sport, mountain, or hybrid bicycle, it should fit properly making it easy to control and comfortable to ride.

Here are some important fitting points from Ontario's Guide to Safe Cycling:

Frame Size

Frame size varies by the type of bicycle. As a general rule, you should be able to stand flat-footed over your bike's frame (top tube) with two to five centimetres of space.



For a woman's frame bike, when sitting on the seat, the base of the seat should be at least five centimetres above the seat tube when the tips of both feet touch the ground.



Seat and handle bar height adjustment

Seat

Positioning your seat properly will help make pedalling more efficient and reduce strain on the knees. To ensure your seat is at the correct height, sit on the seat with the balls of your feet on the pedals. At the bottom of the pedal stroke, your legs should be almost straight, with your knees slightly bent.



Handlebars

In a normal riding position, your weight should be evenly balanced; allowing you to rest your hands lightly on the handlebars. You can adjust the tilt of your seat and the height of your handlebars to achieve a good balance of weight.



The handlebar stem and seat post must be at least five centimetres into the frame. Note that both usually have a mark that indicates the maximum extension point. Longer seat posts and stems are available if you need them.

Road Safety



Left Turn



Right Turn



Right Turn (Alternate)



Stopping

Rules of the road

According to the Ontario Highway Traffic Act, bicycles are regulated as vehicles and must follow traffic rules that apply to all road vehicles.

- All bicycles must have a working brake and bell.
- When riding at night, bicycles must have a white light in the front and a rear red light or reflector.
- Cyclists should always ride in the far right lane, unless passing or making a left turn.
- Cyclists may ride in pairs, but only when there is sufficient space on the roadway to allow faster vehicles to pass safely.

Tips for safe cycling

- Never squeeze between large vehicles (e.g. trucks). The driver may not see you in their blind spot.
- Always ride one metre away from the curb or parked cars.
- Never ride in the opposite direction of traffic.
- Always walk your bike on pedestrian crossovers.
- Cyclists may take the full lane for safety reasons when necessary, (e.g. when the lane is too narrow to share safely, debris, potholes, or other obstacles).
- Always make eye contact. Never assume another driver, cyclist, or pedestrian sees you.
- Ride in a straight line, signal before turning, and check behind you before turning or changing lanes.
- Always carry identification, a cell phone, cash, as well as emergency repair supplies.