

8.

## Highway Code Questions

- What materials can make you more visible when riding at night?
- What materials can make you more visible when riding during the day?
- What can protect your head whilst cycling?
- How can clothing be dangerous?
- Where should your hands be when riding?
- When is the only time your hands are not on the handlebars.
- What must you always do before signalling?
- If you are out with friends on a busy road, what is the safest way to ride?
- Give **two reasons** why parked cars can be dangerous?
- What colour light at the back of the car shows it is reversing?
- What colour light at the back of the car shows it is slowing down or stopping?
- What does a green traffic light mean? (**not just one word please**)
- What does a red and / or amber light mean?
- What does a flashing amber light at a pelican crossing mean?
- Can you cycle on the pavement?
- Why is it a good idea to have a bell fitted to your cycle?
- What should you do when leaving your cycle anywhere?



For more information about Bikeability please visit  
[www.bikeability.org.uk](http://www.bikeability.org.uk)



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# ON YOUR BIKE

## Cycling for Young Road Users



Supporting the  
Lincolnshire  
County Council's  
Delivery of Bikeability  
[www.bikeability.org.uk](http://www.bikeability.org.uk)

2.

## Cycle Check - Five Point Check

It is important that you make sure your bike is safe to ride before going on a journey. Your **brakes** should be working well and not rubbing against the tyres. The **tyres** should be pumped up to make cycling easier and to reduce the chance of getting a puncture. Adjust the **seat** height so that the balls of your feet can touch the floor. Your **chain** should be well oiled to prevent rust and the chance of it coming off. Finally your **handlebars** should be straight and shouldn't twist without the front tyre turning.

## Ready, Check, Go

- If you have to carry anything on your bicycle, use a basket or a cycle bag.
- Make sure you don't wear any loose clothing to prevent it getting caught in the chain.
- Always wear a properly fitting helmet which is the correct size and securely fastened to protect your head.
- Wear light coloured or fluorescent clothing in daylight and at dusk and reflective clothing at night.
- Do not ride a bike that is too big or small as it can affect your balance.

## Night Riding

You should wear reflective clothing and accessories i.e. belts, arm and ankle bands.

**You cannot cycle at night without a white front light, a red back light and a red reflector at the back.** Check these are clean and working. You are allowed to have a red flashing back light.

## Cycle Routes

In some area cycle routes, paths and lanes are available for cyclists.



Recommend route for pedal cycles



Cycles only



Network route for pedal cycles



Separate cycle & pedestrians



Cycle Lane

7.

## Warning Signs

### Commonly Triangular



Pedestrian crossing ahead



Two way traffic ahead



Danger



Uneven Road



Roundabout



Road narrows on both sides



Road works



Cycle route ahead



Slippery Road



School crossing patrol ahead



Step hill downwards



Crossroads



Traffic signals ahead

## Information Signs

### Usually rectangular signs



One way street



Recommended route for cyclist to the place shown



Tourist Attraction



Route for pedestrians to a location

(A1(M))	8
↑ Barnes	10
Mackstone	2½
Elkington	1
A404 (A41)	
← Millington Green (A4011)	3

Directions on a sign located on an approach to a junction

6.

**ALWAYS USE YOUR EYES AND EARS  
WHEN CYCLING. WATCH AND  
LISTEN OUT FOR TRAFFIC DOING  
UNEXPECTED THINGS!**

## Road Signs

- There are three different shapes of road signs:
- **Circular signs** give orders which must be obeyed.
- **Triangular signs** give warnings.
- **Rectangular signs** give information.

### Signs Giving The-Orders se signs are mostly circu- lar



Give Way to traffic on a major road

**These two sign aren't circular but must still be obeyed**



Stop and Give Way

Signs with **blue circles** usually tell you what you **MUST** do



Keep Left



Ahead Only



Mini Roundabout



Turn Left Ahead

Signs with **red circles** usually tell you **NOT** to do something



No entry for vehicles



No vehicles



No motor vehicles



No right turn

3.

## Road Riding

- Before making a manoeuvre such as turning right and left or stopping you must **look behind** and make sure it is safe before giving a clear arm signal to tell other road users what you are doing.
- You are **not allowed** to ride on the pavement unless there is a special sign showing that there is a cycle lane you can use.
- Before you start riding your bike on the road, you must **look all around** for traffic. This will help you make the decision about moving off safely.
- Always keep **both hands on the handlebars covering the brakes** unless signalling or changing gears. This will help you to keep your balance and improve your emergency stopping.
- Take care around large vehicles such as lorries and buses as the drivers may not be able to see you. Make sure you can always **clearly see one mirror**. Do not ride in the space between the kerb and the large vehicle in case they want to turn left.
- When turning from one road onto another, pedestrians who are crossing a road have priority so you must let them cross the road. Pedestrians always have priority if they are already in the road.
- Using a personal stereo or a mobile phone when cycling can distract your attention and cause you to miss something so therefore shouldn't be used.
- You **must obey traffic light signals and road signals** when riding as well as any signals made by people in authority i.e. police officers, traffic wardens and school crossing patrols.
- You must not hold onto any other vehicle.
- You cannot carry another passenger on your bike unless it is specifically designed to do so.
- You should never lead an animal whilst cycling.
- Never ride more than two abreast and ride single file on busy or narrow roads and around blind corners or bends.
- When riding you should be far enough away from the edge of the kerb to avoid drains and gutters (**normal riding position**).
- Before overtaking vehicles, make sure it is safe to do so by looking behind and looking for on coming traffic in front. When overtaking parked cars make sure you pass more than **one door width** away from the car in case a door opens and be aware that the car might pull away again. This is the only time that you can ride on the wrong side of the road. Also be aware that pedestrians may cross at the other end of the car.

### NO CYCLING



Where you see this sign

**REMEMBER TO RESPECT  
ALL OTHER ROAD USERS!**

4.

## Parking Your Cycle

When parking your bicycle, make sure it is not in the way of other people. Remember to lock it to prevent it being stolen.

## Pedestrian Crossings

You must always stop to let pedestrians cross the road at a pedestrian crossing.

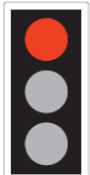




## Passing Animals

Take care when cycling near animals such as horses and give them plenty of room as you pass by.

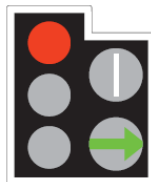
Don't scare them by shouting or ringing your bell as they could injure someone.

## Traffic Lights

Numbers represent the order of traffic lights

1. 	2. 	3. 	4. 	
<b>RED</b> STOP and wait behind the stop line	<b>RED AND AMBER</b> Also means STOP	<b>GREEN</b> GO if it is safe to do so	<b>AMBER</b> Also means STOP	<b>FLASHING AMBERS</b> Means you must give way to pedestrians who may be crossing the road

## Flashing Lights



**GREEN ARROW**  
If a GREEN arrow is shown you may travel in that direction if it is safe to do so



**FLASHING RED**  
Mean you MUST STOP e.g. at a level crossing

5.

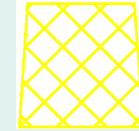
## Road Markings



Give way to vehicles on the major road



**STOP** at the stop line every time



**Box Junction**  
Do not move into the box unless your exit road or lane is clear



Lane Line

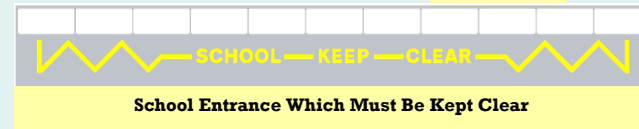
Centre Line

Hazard Warning Line

Do Not Cross Double White Lines

Do Not Cross Solid Line If It Is On Your Side

Do Not Enter Marked Area Unless It Is Safe To Do So



School Entrance Which Must Be Kept Clear

## Roundabouts

If you feel unsafe before cycling onto a roundabout, stop and walk your bike on the path. When entering a roundabout you must give way to traffic coming from the right hand side. Watch for road users who may want to turn in front of you.

## Bus Lanes

Only cycle in bus lanes if there is a cycle shown on the sign.