



Cycling Safely in the UK

The Pocket Guide





Understanding the rules for cyclists can be hard, especially if you are new to the country.

This book has the basic information you need to keep safe on UK roads.

We will discuss the following topics:

You and your Bicycle
Safe Cycling
Cycling on Roads
Cycling in Bus Lanes
Crossing the Road
Road Junctions
Roundabouts
Traffic Lights
Road Positioning
Traffic Signs
Useful Contacts

This information has been taken from the UK's highway code and simplified. For more detail, visit

www.highwaycodeuk.co.uk/rules-for-cyclists.html



You and your Bicycle

It is important that you and your bike are safe to cycle on the road.

Make sure you understand the rules in this booklet, they will help keep you safe.

You must:

Make sure your brakes work and your tyres are inflated.

At night, you need front and rear lights, a red reflector on the back of your bike and amber pedal reflectors.

**Wear visible clothing
and safety equipment.**



Safe Cycling



Keep both hands on the handlebars except when signalling.

Do not ride close behind vehicles or other road users.

Do not carry anything that will affect your balance or can get tangled in your wheels or chain.

Ride single file on narrow or busy roads.

You can ride two people side by side on quiet roads.

Be considerate of other road users. Use a bell or shout to make others aware of you, if needed.

Always give clear signals before turning.

Safe Cycling

continued...

Always look ahead for potential dangers, such as parked vehicles and potholes.

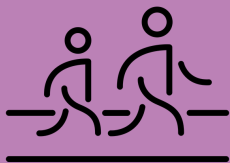
Give plenty of room when passing parked cars.

Look out for pedestrians stepping out into the road.

Be aware of the traffic behind you.

You **MUST** obey all traffic signs and traffic lights.

DO NOT cross the stop line when traffic lights are red.



**You MUST NOT cycle
on a pavement.**

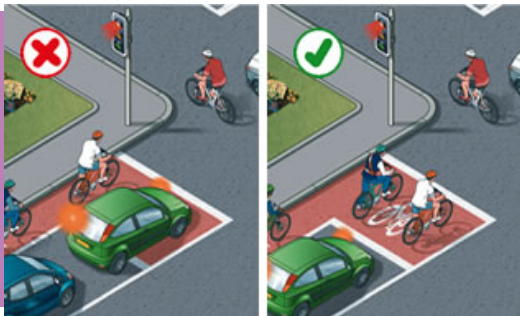
Cycling on Roads

If there are cycle routes, advanced stop boxes and lines, and toucan crossings, then you should use them where possible.

There are also cycle tracks which you should use, stay on the cyclists side if it is shared with pedestrians.

Cycle lanes are marked by a white line, try to stay in your lane but always look behind you if you need to leave the lane and use hand signals.

Always be ready to slow down and stop if necessary



Cycling in Bus Lanes

You can usually cycle in bus lanes (check the signs).

Be careful overtaking a bus.

Never cycle between the kerb and a bus when it is at a stop.

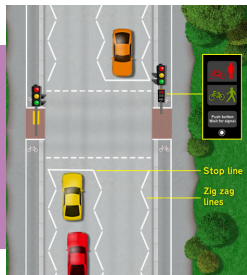


Look out for people getting on and off buses.



Crossing the Road

You must walk across all types of crossings except Toucan crossings and cycle-only crossings.



You MUST wait until the green signal is given before riding across permitted crossings.

Road Junctions on the left

Look out for vehicles pulling out in front of you or turning into a side road

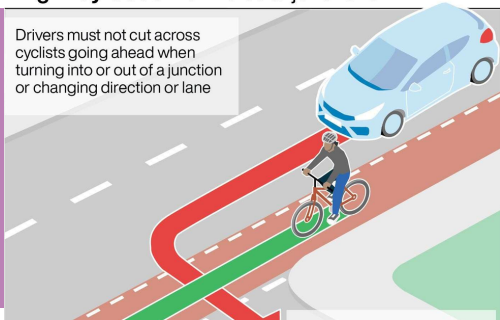
Do not ride between the kerb and a vehicle signalling or slowing down to turn left

If you are turning, remember to use your hand signal before turning – left arm straight out.

Never step or move up the inside of a long vehicle at a junction.

Highway Code: new rules at junctions

Drivers must not cut across cyclists going ahead when turning into or out of a junction or changing direction or lane



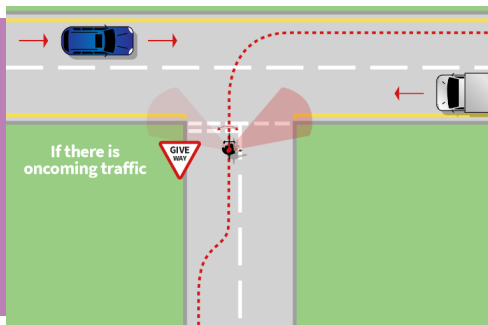
Road Junctions on the right

Look around and check that it is safe to turn right before you signal.

If safe, signal with your right arm straight out, and move to the centre of the road.

Stop and wait for a space in the traffic to move across the road into your junction.

You may find it safer to get off your bike and walk across the road.



Roundabouts

It is ok to walk around the roundabout on the pavement or verge.

Follow the lane you need to be in and make clear hand signals when riding around the roundabout.

Watch out for vehicles crossing in front of you to leave or join the roundabout.

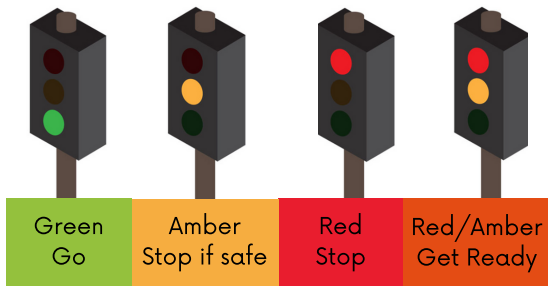
Be very careful of long vehicles, such as lorries, who need extra room turning on roundabouts and at junctions.

Remember that large vehicles may not be able to see you.

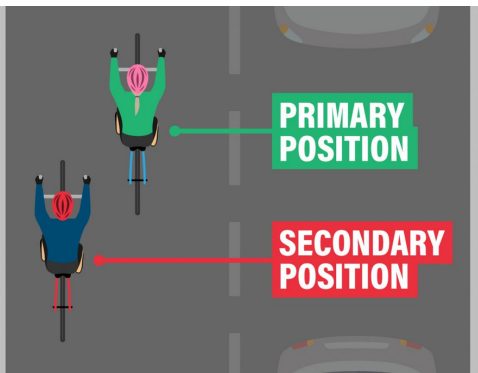
**Enter the roundabout
clockwise and follow it
left and around.**



Traffic Lights



Road Positioning



Riding in the centre of the lane improves visibility. It's the best option to deter unsafe passes, particularly on slower, urban roads

Riding further out (e.g. 1m) avoids grids/debris. It gives you room for manoeuvre. A good option for faster roads.

Traffic Signs

Route recommended for bikes when on main roads



Route for bikes only

Shared path for bikes and walking



Separated path for bikes and walking



One way for vehicles, bikes can go both directions



End of bike lane, track or route

Traffic Signs

Continued...

**Buses, taxis and bikes
are allowed**

**Except
buses and
cycles**

Anything in a red triangle is a warning



Bike route ahead

**Stop and wait until
clear of traffic to cross**



Anything in a circle means DO NOT DO



DO NOT ride your bike

No Entry



CYCLING MYTH BUSTERS



You **MUST NOT** cross the stop line when the traffic lights are red. Some junctions have an advanced stop line to enable you to wait and position yourself ahead of other traffic

NEVER ride more than two abreast, and ride in single file on narrow or busy roads and when riding round bends. Be considerate of the needs of other road users.

You **MUST NOT** cycle on a pavement

At night your cycle **MUST** have white front and red rear lights lit. It **MUST** also be fitted with a red rear reflector

NEVER carry a passenger unless your cycle has been built or adapted to carry one

You **MUST** obey all traffic signs and traffic light signals

NEVER ride when under the influence of drink or drugs, including medicine





Did you know it is illegal to cycle between sunset and sunrise without bike lights?

Be Safe, Be Seen!



**Hull Cycle Parking, Repairs,
Bike Sales & Hire**
Trinity Market
07869 680 943

Cycle Repairs
Cottingham, Scunthorpe, Grimsby
info@r-evolution.org.uk
01482 844 422

Hull University
Cycle Repairs & Bike Hire
The Bike Hub
01482 465 703

Confidence Building & Guided Rides
Road Safety - East Riding
01482 395610

Learn to ride a Bike in Hull
Rusty Riders Cycle Training
01482 218753

Information on Cycling Safely
www.eastridingroadsafety.co.uk/
cyclists

Funded by

**North
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Council**

