



SHROPSHIRE HISTORIC CHURCHES TRUST SPONSORED CYCLE RIDE

RULES FOR CYCLISTS

(extract from the Highway Code – 1999 Edition)

1. **Your Cycle**. Make sure that:

- your cycle is of the right size for comfort and safety
- lights & reflectors are clean and in good working order
- tyres are in good condition and inflated to the correct pressure
- gears are working correctly, and the chain is properly adjusted and oiled
- the saddle and handlebars are adjusted to the correct height
- the brakes are efficient

2. **Clothing**. You should wear:

- a cycle helmet which conforms to current regulations
- appropriate cycling clothing which will not get tangled in the chain or in a wheel
- light-coloured or fluorescent clothing which helps other road users to see you

3. **Starting off & en-route**. When riding:

- look all around before moving away from the kerb, turning or manoeuvring, to make sure it is safe to do so. Give a clear signal to indicate your intentions to other road users
- look well ahead for obstructions in the road so that you do not have to swerve suddenly to avoid them. Leave plenty of room when passing parked vehicles; doors may open in your path!
- Use cycle lanes/tracks where provided, but never use the pedestrian side on dual-purpose tracks
- keep both hands on the handlebars unless signalling or changing gear
- keep both feet on the pedals
- do not ride more than two abreast
- ride in single file on narrow or busy roads
- do not ride close behind another vehicle
- do not carry anything which will affect your balance or become entangled with the wheels or chain
- Never carry a passenger unless your cycle has been built or adapted to do so
- Never hold on to a moving vehicle or trailer
- Never ride in a dangerous, careless or inconsiderate manner
- Never cycle on a pavement
- Always obey all traffic signs and traffic-light signals

4. **Bus Lanes**. You can use these **only if** the signs include a cycle symbol.

5. **Turning right**. On a busy road if you want to turn right it may be safer to stop on the left-hand side of the road and wait for a safe gap in the traffic before you start to turn.

6. **Roundabouts**. Rules 160 – 166 cover the correct procedure at roundabouts. However, you may feel safer either keeping to the left on a roundabout (taking great care when cycling across exits) or dismounting and walking your cycle round on the pavement or verge.

Rules for cyclists are at www.highwaycode.gov.uk/cyclists.htm