Health & Safety

There are a number of things you can do to help you stay safe whilst cycling:

- Above all, always follow the Highway Code.
- Be considerate of other road users.
- Don’t weave in and out of parked vehicles.
- When cycling on the road, keep well away from the kerb.
- Fit good quality lights to your bike.

Also check over your shoulder before changing lanes or turning and be aware of other road users.

Wear light-coloured or fluorescent clothing.

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