Health & Safety

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

• Fit good quality lights to your bike, in case you need to stay visible at night or overcast conditions or mist.
• When cycling on the road, keep well away from the kerbs – if you help you see and be seen.
• Don’t weave in and out of parked vehicles – keep a straight, the so-called ‘loose screws can see you.
• Always use hand signals before turning – respect them as you would like to be respected in return.
• Give clear hand signals before changing any manoeuvres – other road users and pedestrians cannot read your mind.
• Also check over your shoulder – before any manoeuvre to ensure you’re not in the path of other road users around you.
• Always, always follow the Highway Code, obeying all road signs and traffic lights.

Wear well-fitting, comfortable clothing. During hot hours and at night it is especially important that you make use of night vision by wearing clothing with reflective materials. This will enable others to see you. Cycles should be in good condition and we be able to liaise with other cyclists, where possible.

Where safety is shared with other road users, pedestrians always have priority. In a bus or horn and take it to warn people of your presence. You also need slowly and leave as much room as possible. An elderly or blind person can feel intimidated and upset by cyclists rushing in.

Wear a cycle helmet. It is not compulsory, but can help reduce the risk of head injuries in an accident. Children, especially, whether cycling or in a child seat, should wear a helmet, but it is important that they are properly fitted. Again, check over your shoulder before changing position. Inadequate speed control can also cause problems for other road users.

Purchasing a good lock, so you can secure your bike when you need to leave it. Cycle sheds will stock a suitable range of locks. You should also ensure your bike is properly maintained. Check your bike, lights and tyres regularly. Correctly pumped up, tubes and well-balanced wheels and tires will make cycling safer and reduce the risk of an accident. You should give your bike a full service at least once a year, or more frequently if you use your bike regularly. Many bike shops can do this for you if you are unsure how to do it yourself.

If you feel unsure about cycling or know a child who wants to learn how to ride a bike, cycle training is available. This can help greatly increase cycling confidence, which in turn will make you and other users much safer. See contacts section for details.

Useful Contacts

This map has been produced by Northamptonshire County Council and is used in conjunction with the National Road Network. The map can be used for research purposes and for creating cycling plans. It is not compulsory to use cycle lanes and pedestrians always have priority. In the street, you need to warn people of your presence. You also need to slowly and leave as much room as possible. An elderly or blind person can feel intimidated and upset by cyclists rushing in.

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