Cycling tips

Handlebar

• A comfortable handlebar provides a safe and enjoyable ride.

• Ensure your handlebar is at the correct height and width.

• Keep your hands on the handlebars to maintain control.

• Maintain a comfortable grip on the handlebars.

Cycling a hill

• Always stop for red lights.

• Maintain an even speed and Cadence.

• Never brake when cycling downhill.

• Use your brakes to slow down.

Making use of main roads

• Use the right hand side of the road.

• Keep to the right hand side of the road when cycling.

• Maintain a safe distance from the edge of the road.

• Observe the speed limits.

You and your bike

• Make sure your bike is the correct size for you.

• Ensure your bike is in good working order.

• Check your bike for any signs of wear and tear.

• Replace any worn parts immediately.

• Carry a spare inner tube with you.

• Make sure your bike is well maintained.

Road safety

• Always use your lights at night.

• Signal your intentions before making a turn.

• Never cycle at night without lights.

• Make sure your lights are working correctly.

Accidents

• If you have a collision, call for assistance immediately.

• Make sure you report any accidents to the police.

• Follow the rules of the road.

• Never ride under the influence of alcohol.

• Wear a helmet when cycling.

More to explore

• Visit the Doncaster MBC’s Road Safety Education Centre.

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