

Cycle Safe:

You should

- keep both hands on the handlebars except when signalling or changing gear
 - keep both feet on the pedals
 - never ride more than two abreast, and ride in single file on narrow or busy roads and when riding round bends
 - not ride close behind another vehicle
 - not carry anything which will affect your balance or may get tangled up with your wheels or chain
 - be considerate of other road users, particularly blind and partially sighted pedestrians. Let them know you are there when necessary, for example, by ringing your bell if you have one. It is recommended that a bell be fitted.
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- 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 show other road users what you intend to do
 - look well ahead for obstructions in the road, such as drains, pot-holes and parked vehicles so that you do not have to swerve suddenly to avoid them. Leave plenty of room when passing parked vehicles and watch out for doors being opened or pedestrians stepping into your path
 - be aware of traffic coming up behind you
 - take extra care near road humps, narrowings and other traffic calming features
 - take care when overtaking