

Responsible cycling

ADVICE FROM CYCLE LEWES

CYCLING ON PATHS SHARED BY CYCLISTS AND WALKERS



- Observe social distancing during Covid19
- Walkers are likely to be at their leisure – respect them
- Many people are hard of hearing, or using earbuds or headphones, or are visually impaired – don't assume they can see or hear you
- Get a free Cycle Lewes bell (from Dr Bike at Harvey's Depot, rear yard, Saturday mornings). Use it when approaching walkers from behind – don't surprise people
- Say thanks when people move aside
- Announce your approach to wheelchair users and horse riders
- No speeding, slow right down when space is limited or you can't see ahead
- If there's a line dividing cyclists from walkers, keep to your side

ON THE ROADS

Cycle defensively, don't assume all drivers are always careful or considerate.

Observe the Highway Code:

- Don't jump red lights

- Make eye contact with drivers. If turning, signal confidently, always look behind, check you aren't going to be overtaken
- The 'primary position' in the centre of a traffic lane ('taking the lane') is generally the safest, especially at junctions, on narrow roads and in slow moving traffic
- Don't cycle on pavements unless signed for shared use
- Comply with one-way street signs
- Be seen – most accidents to cyclists happen at junctions
- Fit lights and use them in dull conditions – and always when it's dark
- If you wear a helmet make sure it fits well and is correctly strapped on
- Wear high-viz clothing
- Keep your bike roadworthy
- In wet weather watch your speed – it takes longer to stop

MORE ADVICE

- The law says 1.5m is the minimum cycle safe passing distance for vehicles travelling at up to 30mph. Over 30mph it should be one car-width. Report anti-social driving at www.operationcrackdown.org/
- Advice for parents, pedestrians, cyclists, equestrians: www.sussexsaferroads.gov.uk/info/safer-for-others
- Consider an adult or child bikeability course (*East Sussex Bikeability courses currently suspended due to Covid19*)
- Find a bike buddy if you're new to cycling or coming back to it after a long time



Cycle Lewes members support responsible cycling. Join us at www.cyclelewes.org.uk

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