

Bicyclists

Before riding a cycle on roads see if you can;

- Ride in a straight line for 10 meters.
- Stop suddenly without falling.
- Give signals with one hand while riding.
- Look back over your shoulders and take a right turn comfortably.

Before you go out on the road with your bicycle, ensure that;

- The bicycle is easily noticeable. It should be painted yellow, orange or white.
- Reflectors are provided on spokes of wheels, on the pedals and on the front / rear mudguard.
- Both the brakes are working properly
- The bell rings properly.
- The seat is so adjusted that your feet can touch the ground.

While on the road with your bicycle

You should wear:

- A cycle helmet made of light thermocol.
- Appropriate clothes for cycling. Avoid clothes which may get tangled in the chain, or in a wheel or may obscure your lights.
- Light-coloured or fluorescent clothing which helps other road users to see you even in dark and poorly lit roads.
- Reflective clothing and/or accessories (belt, arm or ankle bands) in the dark.

You should also follow these rules:

- Never ride with just one hand on the handle bar except when giving a signal.
- Keep both feet on the pedals.
- Do not ride more than two abreast.
- Use the cycle lane, wherever provided.
- Never follow any vehicle closely. Maintain safe distance.
- Do not carry anything which may affect your balance or may get tangled up with your cycle wheels or chain.
- Avoid big and busy roads with fast moving traffic.
- Stop before you enter moving traffic from a driveway, a parking lot, a minor road, or from behind a parked car or bus. Go ahead only when the way is clear.
- Ride on the left of the road, with other traffic.
- If you are passing a stopped car be careful, a door may suddenly open.
- Obey stop signs and traffic lights, like the rest of the traffic.
- Before turning right at a crossing, look back over your shoulder, and give way to the traffic coming from behind.
- Never stop your cycle on a pedestrian crossing.

- Never ride your cycle on a footpath.
- Never try to overtake- if you must, do it only if the driver of the vehicle in your front has permitted or signaled you to overtake.
- Never try to overtake a vehicle, which is in the process of taking a turn.
- Always follow the light signals wherever you notice them. Any violation of the same is not only against the law but also dangerous to your life.
- Do not enter a street where you see the "No Entry" sign.
- Slow down at the zebra crossing- better stop if you see people crossing the road.
- You should learn and understand the language of signals given by the other road users and the signal you are expected to give while riding your cycle on the road.
- Never stop suddenly without showing a signal. Watchfully move towards the left while slowing down, but signal your intentions to the traffic following you.
- Under no circumstances should you ride on the wrong side of the road or cross the road abruptly.