

Highway Code

Recommendations for Cyclists



All road users should be considerate towards each other, and in particular towards more vulnerable people. Rules highlighted by **MUST** or **MUST NOT** are legal requirements.

Clothing

You should wear

- A cycle helmet in the correct size and securely fastened
- Appropriate clothes for cycling
- Light-coloured or fluorescent clothing
- Reflective clothing and/or accessories in the dark.

Cycling at night

- Your cycle **MUST** have white front and red rear lights lit.
- Your cycle **MUST** be fitted with a red rear reflector and amber pedal reflectors; other reflectors help you to be seen.
- Flashing lights are permitted but it is recommended that cyclists who are riding in areas without street lighting use a steady front lamp.

Cycle routes, cycle lanes and other facilities

- Use cycle routes, advanced stop line, cycle boxes and toucan crossing unless at the time it is unsafe to do so.
- On cycle tracks (or shared paths), pedestrians and cyclists may be segregated, in which case cyclists **MUST** keep to the side intended for them.
- When using a cycle lane, marked by a white line (which may be broken) along the carriageway, keep within the lane when practicable.

The use of cycle lanes or other cycling facilities is not compulsory and will depend on your experience and skills, but they can make your journey safer.

Pavement

You **MUST** not cycle on a pavement

Bus Lanes

When indicated on signs, bus lanes may be used by cyclists.

- Watch for people getting on or off a bus
- Be very careful when overtaking a bus
- Do not pass between the kerb and a bus when it is at a stop.

Cycling code of conduct

- You should keep both hands on the handlebars (except when signaling) and both feet on the pedals.
- You should never ride more than two abreast; ride in single file on narrow or busy roads.
- Do not carry anything which will affect your balance or may get tangled up with your wheels or chain.
- You should look all around before moving away from the kerb, turning or manoeuvring.
- You should look well ahead for obstructions in the road, and take extra care near traffic calming features.
- You should watch out for pedestrians crossing a road into which you are turning; if they have started to cross they have priority, so give way.
- You **MUST NOT** carry a passenger unless your cycle has been built or adapted to carry one
- You **MUST NOT** hold onto a moving vehicle or trailer
- You **MUST NOT** ride in a dangerous, careless or inconsiderate manner
- You **MUST NOT** ride when under the influence of drink or drugs, including medicine
- You **MUST NOT** cross the stop line when the traffic lights are red
- You **MUST** obey all traffic signs and traffic light signals

Parking

- Find a location when your cycle can be seen by passers-by
- Use cycle stands or other cycle parking facilities wherever possible
- Do not leave it where it would cause an obstruction or hazard to other road users
- Secure your cycle well so that it will not fall over and become an obstruction or hazard

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And a couple of tips from Haddenham Cycle Training

- Always stay aware of what is happening around you, check regularly behind you.
- Only signal if there is someone to signal to; the safest place for your hands is both on the handlebar.
- After having achieved Bikeability Level 2, children should not cycle unaccompanied on the road until they have gained enough experience and their parents are confident to allow them to cycle alone.
- When cycling as a family, an adult should always cycle behind the child/children. If one adult cycles with several children, the most experienced child should go first.