Bike safety tips

❖ Get the right equipment
  ➢ Wear a helmet.
  ➢ Wear bright clothing in the day and reflective clothing or accessories at night. Make sure they are weather proof!
  ➢ Use lights after dark - white at the front and red at the rear. You may be fined if you don't have them. You also need to have a bell.

❖ Check your bike
  ➢ Quickly check your bike before setting off (gears, brakes, tyres and lights)
  ➢ Learn how to fix a puncture; carry a spare tyre, pump and tools.
  ➢ Maintain your bike regularly.
    http://www.admin.ox.ac.uk/estates/travel/cyclingandwalking/mobilemechanic/

❖ Secure your bike with a robust lock
  ➢ ‘D’ locks are the most secure.
  ➢ Secure it somewhere busy and visible (avoid isolated places and dark alleys).

❖ Cycle safely
  ➢ Be alert and plan your route.
  ➢ Be seen and heard.
  ➢ Pay attention to what's going on around you and what other road users might do.
  ➢ Make eye contact with drivers so you are sure they have seen you.
  ➢ Don’t use a mobile phone or earphones.
  ➢ Use appropriate hand signals when making a left or right turn.
  ➢ Always follow the Highway Code.
  ➢ Get training
    ➢ http://podcasts.ox.ac.uk/efficient-cycling-video (highly recommended)
    ➢ http://www.admin.ox.ac.uk/estates/travel/cyclingandwalking/
    ➢ National Cycle Training Helpline 0844 736 8460.