



**OPEN**

NORTH YORKSHIRE

Open North Yorkshire is a North Yorkshire County Council project that looks to encourage walking and cycling within Harrogate, Scarborough & Skipton

# Cycling Top Tips

For making cycling safer for commuting or leisure

If you are new to cycling or refreshing your skills, simple checks before you set off will help you be prepared for your journey

## Checks before you set off

- Test both brakes are working equally
- Adjust the saddle so that, with a slight knee bend, you can touch the floor with the ball of your foot whilst sitting on the saddle
- Check the tyres are pumped up firmly
- Be Bright Be Seen – wear bright or reflective clothing/accessories to make you stand out on the road
- Plan a route to suit your ability and experience – we have walking and cycling maps so email us if you'd like one



## Cycling advice on the road

- Cycle away from the kerb to increase your visibility to other road users – typically between 50cm and 1 metre
- Always look behind for hazards before you alter your road position
- Communicate to other road users by signalling your intentions
- Use cycle lanes when available
- Follow the rules of the Highway Code

## General cycling tips

- Cyclists must use front white lights, rear red lights and a rear red reflector when dark
- Wearing a cycling helmet is recommended. It should conform to the current regulations, be the correct size for your head and be securely fastened
- Carry belongings in a well fitted ruck sac or panniers
- Lock your bike securely

## For more information

email [opennorthyorkshire@northyorks.gov.uk](mailto:opennorthyorkshire@northyorks.gov.uk)

and follow us online



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