

# Riding craft

A cyclist wearing a bright orange long-sleeved shirt, grey pants, and a multi-colored helmet is riding a bicycle on a city street. The cyclist is looking towards the camera with a neutral expression. The background shows a busy urban environment with cars, a bus, and trees under a clear blue sky. The cyclist's right arm is extended outwards, and they are wearing black gloves. The bicycle has a black saddle bag and a red water bottle mounted on the frame.

SO, YOU HAVE YOUR BIKE AND GEAR READY. YOU'VE PLANNED YOUR TRIPS AND ROUTES. DO YOU FEEL CONFIDENT ENOUGH TO HEAD STRAIGHT OUT ONTO THE ROAD? AS A BIKE RIDER, YOU ARE MORE EXPOSED ON THE ROAD THAN DRIVERS IN MOTOR VEHICLES, SO IT'S IMPORTANT TO BE AWARE AND SKILLED.

# Ride within your limits

Before you head out into traffic, be sure you are confident with balance, changing gears, cornering and braking. If you're new to riding on the road, or it's been a while since you rode in traffic, start by riding along off-road paths or quieter local roads. Take it at your own pace.

A number of organisations in South Australia deliver bike training courses to help you gain the skills and confidence for an enjoyable and safe ride.

Riding is an increasingly popular recreational activity and transport option. You're bound to know, work or study with someone who rides and who can offer you tips, or even become a bike buddy.





# Know your road rules and responsibilities

Remember that a bike is a legal road vehicle. Bike riders have the same responsibilities and must obey the same rules as motor vehicle drivers.

***The Driver's Handbook*** outlines all your road safety responsibilities and road rules while ***Cycling and the Law*** details all rules specific to bike riders. Both are available online: see the back of this guide.

# Be alert and aware

Riding in traffic requires you to be alert at all times.

- Make eye contact with other road users to ensure they have seen you.
  - Constantly observe the traffic so you are aware of what's going on around you.
  - Watch for people in parked cars who might open a door in front of you, and for motor vehicles reversing out of driveways. Do not assume they have seen you so leave a safe distance.
  - Pedestrians may not see or hear you coming. On busy streets they may step out suddenly from between parked cars.
  - Constantly check your riding environment for road debris, pot holes and uneven surfaces.
- In the rain, road markings, train and tram tracks and petrol spills can become slippery.



# Be confident, predictable and considerate

Stay safer by ensuring that other road users are aware of your intentions.

- Ride predictably and confidently.
- Use hand signals and don't weave in and out of traffic.
- Use your bell to alert other road users of your approach.
- You may ride abreast another cyclist but not more than 1.5 metres apart. Always be considerate of other road users.



# Be seen

Make it easy for motorists to see you well in advance.

- Although the law states that you must ride as close to the left as practicable, give yourself room to ride out from the kerb to avoid debris in the gutter and to be more visible for motorists.
- When stopped at an intersection, position yourself so you can be seen by other road users.
- Don't ride too closely behind vehicles or in blind spots.
- Wear light or bright coloured clothing/items for daytime riding and reflective clothing/items for night-time rides.

