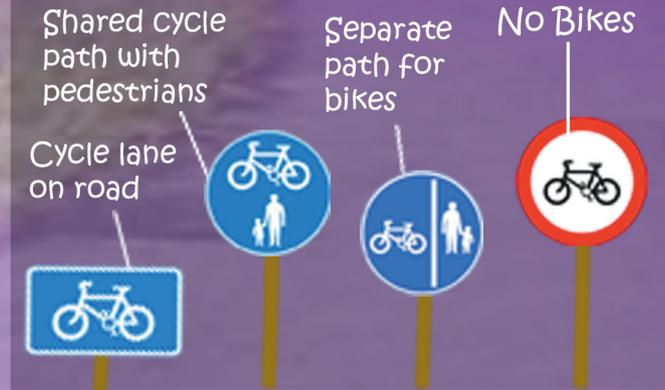


KYCC Cycling Code of Conduct

- 1** AVOID listening to music or using an electronic device while cycling - this may inhibit your awareness of surroundings.
- 2** ALWAYS wear a helmet and hi viz jacket.
- 3** ALWAYS make sure your bike is in working order (Fig 1).
- 4** AVOID cycling on the pavement - it's illegal and dangerous for pedestrians.
- 5** DO indicate clearly when turning, and cycle accordingly for adverse weather - slow down in the rain.



KNOW YOUR SIGNS!



"IF I CAN BICYCLE,
I BICYCLE"
DAVID ATTENBOROUGH



Why cycle?

HEALTHY
QUICK
POPULAR
FREE
ECONOMICAL
EASY
FUN
SAFE
EXERCISE
ECO-FRIENDLY

So why aren't you cycling?

Cycling in Kent

Kent has its fair share of Countryside cycle routes. These can be particularly dangerous as drivers tend to break the speed limit. It is important that you follow these countryside cycling tips!

- 1** Have your lights on at ALL times - even during bright sunlight!
Bushes, trees and buildings can cast shadows and you want to make it easy for drivers to see you.
- 2** Look out for potholes, drains and check behind you!
Country lanes can be liable to potholes, especially after extreme weather, and they can cause damage to your bicycle. Check for cars behind you.
- 3** Be seen and be heard!
Ring your bell, or whistle, to let pedestrians know of your presence. Wear bright clothing.

Useful Websites

www.gov.uk/highway-code
Highway Code website
www.cyclestreets.net
Safe cycle route planner
www.kent.gov.uk/kycc
KYCC Website



BIKE SAFETY



Fig.1

- 4** Expect the worst-case-scenario!
Always expect that car door to open or that that car isn't going to stop for you. If you think of the worst-case-scenario, you'll be prepared for if it ever does happen!



Stay Connected

- Kent Youth County Council
- @kycc
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- www.kent.gov.uk/kycc

Contributors...

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Part of the KYCC Cycle Safety Initiative.