



# Road Safety Council Safe Cycling Training Programme

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# INTRODUCTION

## Promote safe cycling

There are a growing number of cyclists in recent years. Cycling is fun, relaxing and healthy. However, it can be very dangerous if no protective measures are taken. Road Safety Council would like to enhance public awareness on cycling safety and remind all road users to follow the traffic laws through this programme.

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# Cycling Accidents Information

## Number of accidents

There were 2,549 cases of cycling accidents in 2013. 2,639 persons were injured and 8 of them were killed.

**NEVER NEGLECT  
THE IMPORTANCE  
OF SAFE CYCLING**

### Causes of accidents

- Poor techniques or negligence
- Equipment malfunction
- Lack of safety awareness
- Affected by other road users

### Do you know...

- The Road Traffic Ordinance is applicable to both cyclists and drivers, Cyclists must obey traffic light signals, traffic signs and road markings. Road users who break the law will be prosecuted.
- Cyclists and other road users should be patient to avoid traffic accidents.
- Not all kinds of bicycles are suitable to be used on roads.



**Cycling  
Equipments**



**Safe cycling equipments**



## Choose a suitable bicycle

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- ✓ **Comply with legislation requirements**  
e.g. fitted with bell, brakes, reflector, show a white light at the front and a red light at the rear during the hours of darkness or in the poor visibility condition, etc.
- ✓ **Reliable quality and good performance, examine properly using “M” Check before cycling**
- ✓ **Adjust the bicycle to fit your height**



## Safety equipments

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Apart from choosing a suitable bicycle, personal safety equipment is also very important to cyclists.

- ✓ **Helmet**  
A helmet can minimize the chance of head injury when accident occurs, since head is one of the most important part of a human body which requires extra protection.
- ✓ **Gloves**  
Gloves can give protection, absorb the sweat and increase friction on controlling the handle.
- ✓ **Windshield glasses / Sun glasses**  
Windshield glasses / Sun glasses can protect cyclists' eyes from the sun, wind and foreign objects.
- ✓ **Protection pads**  
Protection pads can prevent skin scratch and fracture.

## Other safety equipments

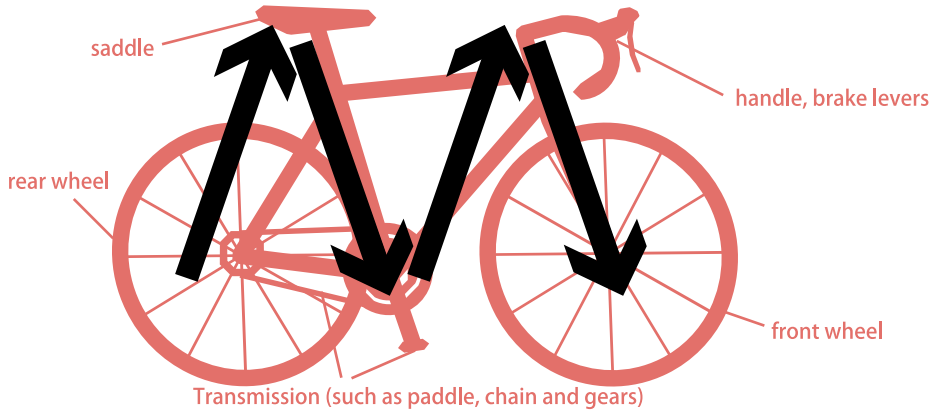
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- ✓ **Basic first-aid kit**  
Immediate simple treatments on minor wound and injury when an accidents occurs.  
(If one has not received first-aid training before, he/she should wait for the trained medical staff.)
- ✓ **Adequate food and water**  
Cyclists should remain physically fit in order to meet the energy required for cycling.
- ✓ **Sports shoes with adjustable straps**  
Shoes with straps can avoid the shoestrings getting into the wheels.
- ✓ **Mobile phone**  
In case of emergency, please call 999.



## “M” Check

Prior to cycling, always use “M” Check to ensure the bicycle is ready, If you look at the bike from the side, you could imagine a letter “M” which covers the major compartments that require checking. For Example tyre pressure, saddle, chain and gear, handle, brakes etc.



## Size and Seat height

Ensure both the size and the seat height of your bicycle are appropriate.



- ✓ Suitable frame size
- ✓ Suitable seat height

## Others

Remember to check the following equipment.

- ✓ Bell
- ✓ Reflector
- ✓ Front light (white) and rear light (red)





## How to choose a helmet?

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- Choose a helmet that matches your head size.
- Distinguish the front and back of a helmet.
- Adjust the helmet to a proper horizontal position.
- Buckle up the helmet properly near your chin and ears.

## Notes

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- You should choose a helmet that complies with the international accreditation standards.
- A helmet can minimize injury of your head when accident occurs, but it cannot avoid an accident.
- You may still get hurt even if you wear a helmet. You should always stay alert when cycling.
- You should change a new helmet if the old one has been worn out.
- You should change a new helmet after any crash, even if there is no obvious damage on it.



	<b>Cycling Techniques</b>	
	<b>Cycling Equipments</b>	

Having good cycling techniques can minimize the chances of accidents



## Basic Cycling Techniques

When cycling on roads or cycleways, it is recommended that cyclists should acquire following techniques:

- **Start**

Cyclists should observe the surrounding traffic condition and accelerate the speed appropriately, in order to keep the balance of the bicycle.

- **Slow down and Stop**

Fingers shall always be put on the brake levers and cyclists should always be ready to slow down or stop. Cyclists should also distinguish the front brake and the rear one.

- **Control**

Cyclists should not sway and change lane frequently which may endanger other road users when cycling.

- **Attention to road situation**

Cyclists should always pay attention to road situation and should not stare at obstacles.

If you are not confident in your cycling skill, you may practise at cycling parks at various locations in Hong Kong. For details, please refer to the LCSD website at [www.lcsd.gov.hk](http://www.lcsd.gov.hk) .

When you plan your route to any destination, always consider cycleways as your first priority, and avoid riding on roads to enhance safety.





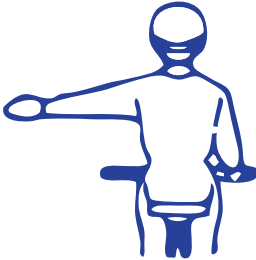
# **Cycling Rules and Knowledge**

**Cycling Regulations and Safety Awareness**

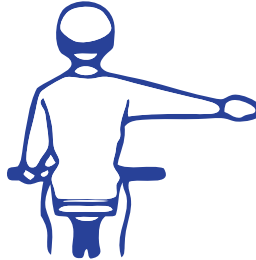


## Hand Signals

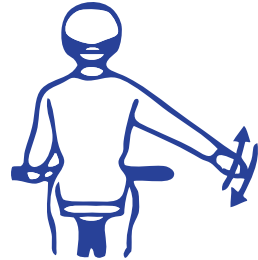
It is important to observe the traffic situation nearby and let other road users know where you are going by giving hand signals.



Turn Left



Turn Right



Decelerate

### **Safety Notes**

You may need to move one of your hands away from the handle when you give hand signals. Cyclists should take their cycling techniques into consideration before doing so. If you are not confident, remember that it is more important to observe the surroundings than to give hand signals.

## Cycling Regulations

- Always ride on left lane on cycleways and road unless overtaking.
- Always ride on a cycleway if it is available.
- Any children under the age of 11 should not cycling on roads alone.
- Shall turn on both front light (white) and rear light (red) at night or during low visibility.
- No cycling on pavement and no pedestrians on cycleways.
- Shall not cling on to other vehicles or haul any object.
- Shall not use mobile phone while cycling.
- Shall not cycling under the influence of alcohol or drugs.
- Shall not carry passengers or bulky goods on your bicycle.

## Safety Awareness

- Even professional cyclists may have accidents, but majority of the accidents can be avoided.
- We should always stay alert to avoid the accidents.
- When accident occurs, you may got injury whether you have done correctly or not.



# Road Signs

There are many different road signs on roads and cycleways. You should understand the meaning of various road signs before cycling.



No Cyclists or Pedestrians



No Cyclists



Cycling Restriction



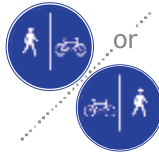
Cyclists Dismount



End of Cycling Restriction



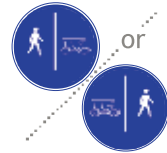
Cycleway



Footway and cycleway



Cycleway and Cycleground for multicycles



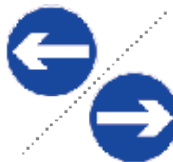
Footway and cycleway for multicycles



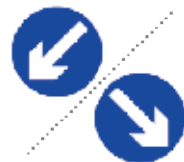
Give way



Stop



Turn Left / Right



Keep Left / Right

for more Road Sign and Road Marking, please visit :  
Cycling Information Centre of the Transport Department  
[www.td.gov.hk/mini\\_site/cic](http://www.td.gov.hk/mini_site/cic)



## If accident occurs,\_\_\_\_\_

- Stay calm, stop your bicycle under safe conditions.
- Move your bicycle to a safe place under safe conditions.
- Do not venture to move the injured, unless you are trying to save a person from fire or other emergency incidents.
- Call “999” the emergency hotline for help if necessary.

## Potential Dangers on Road \_\_\_\_\_

- **Decelerating fences on cycleways**  
They may narrow the width of the paths.
- **Curbs**  
Curbs in different levels may lead to losing control.
- **Sharp turns**  
Cyclists should adjust their speed before turning.
- **Tunnels**  
There are many blind spots in tunnels. Cyclists should not stop their bicycles abruptly and be aware of pedestrian in order to avoid accidents.
- **Pits**  
Cyclists should avoid the bicycle tyres being stuck in pits.
- **Gaps between vehicles**  
Look out for pedestrians or animals who may suddenly walk out from road sides or from the gaps between vehicles parked by the roads.
- **Vehicles**  
Look out for vehicles parked by the roads that may suddenly move or open the doors. Also, look out for public transport vehicle(such as minibuses and taxis) that suddenly stop for loading or unloading.



\* Road sign for Sharp turn ahead





## Reminders for Cyclists

- Your hands should always be placed on the handles and feet on the pedals.
- Your fingers should be placed on the brake levers so that you can stop your bicycle at anytime.
- You should not sway and change lane frequently.
- Always stay on left lane and do not cycle between vehicles.
- Observe traffic condition before overtake, turn and stop.
- You should do warm-up exercises.
- Your techniques improve with more practice and experience.
- You should not cycle under the influence of alcohol or drugs.
- You should stop cycling immediately if you are not feeling well.
- Big vehicles have bigger blind spots; do not cycling parallel to big vehicles.

## Pedestrians

- Should walk on pavement instead of cycleways.
- Should not underestimate the speed of bicycles.

## Drivers

- Should show courtesy and share the use of roads.
- Should keep an appropriate distance when overtaking.
- Should look out for bicycles when turning and getting across an intersection.







# Safety equipments checklist



## List of Safety Equipments

- Helmet
- Windshield/Sun glasses
- Gloves
- Basic First-aid kit
- Elbow pads and knee pads
- Suitable clothes for cycling
- Mobile phone
- Adequate food and water

## Checking your bicycle

- “M” Checking
- Seat height of bicycle
- Release the stand (if appropriate)

## Before start

- Watch the weather report
- Plan your routes beforehand





## Websites Recommended

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**Road Safety Council**

[www.roadsafety.gov.hk](http://www.roadsafety.gov.hk)

**Hong Kong Police Force**

[www.police.gov.hk](http://www.police.gov.hk)

**Cycling Information Centre -  
Transport Department**

[www.td.gov.hk/mini\\_site/cic](http://www.td.gov.hk/mini_site/cic)



路上零意外  
香港人人愛

Zero Accidents  
on the Road,  
Hong Kong's Goal

