

BEST PRACTICE GUIDE

# RIDING SAFELY ON YOUR OWN



# Be Alert

# Be Predictable

# Be Courteous

Helping cyclists and drivers to share the road safely is something that everybody wants.

That's why WestCycle and the Government of Western Australia (Road Trauma Trust Account) have got together to produce a series of easy-to-read 'Best Practice' guides.

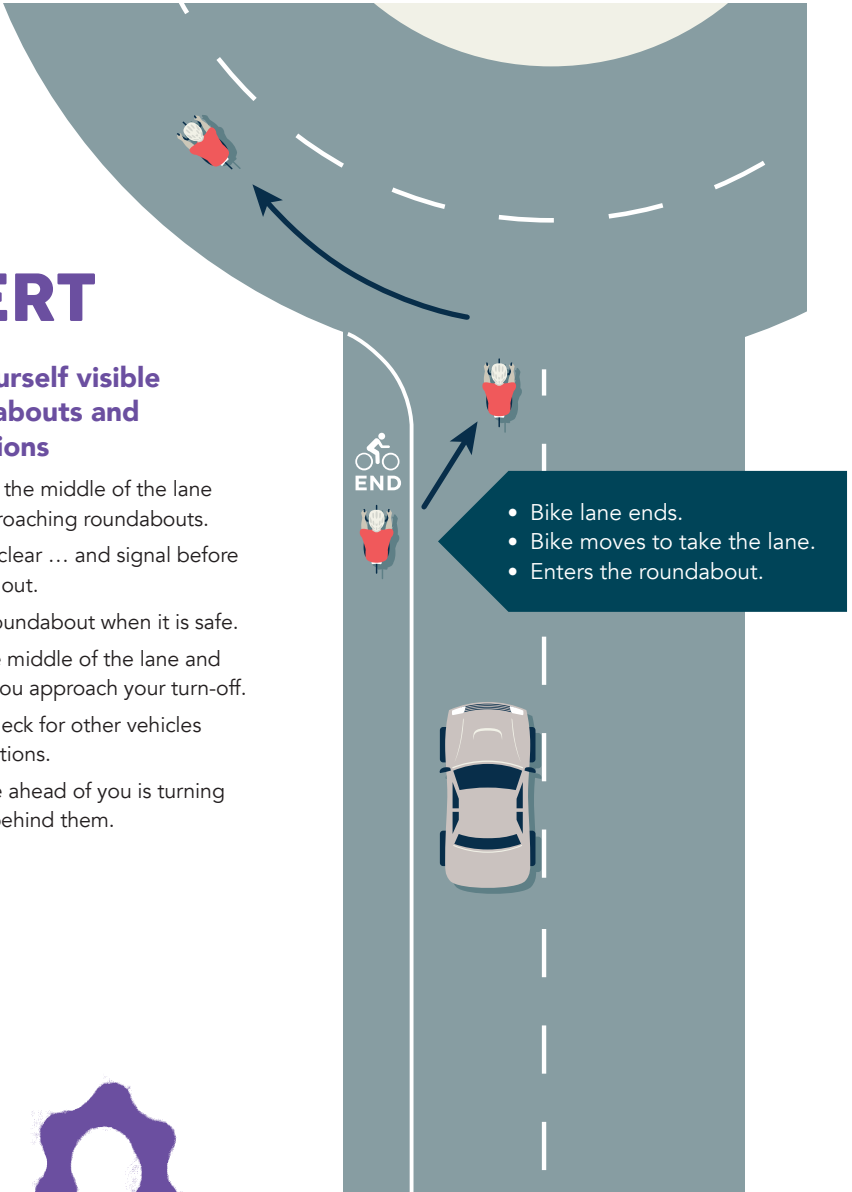
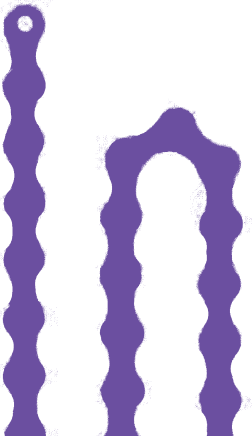
This particular guide is for people **riding on their own**. There are two more guides. One for people riding in groups and another for people who drive.

Together, these guides show how we can help to make our paths, roads and communities safer places for all.

# BE ALERT

## Make yourself visible at roundabouts and intersections

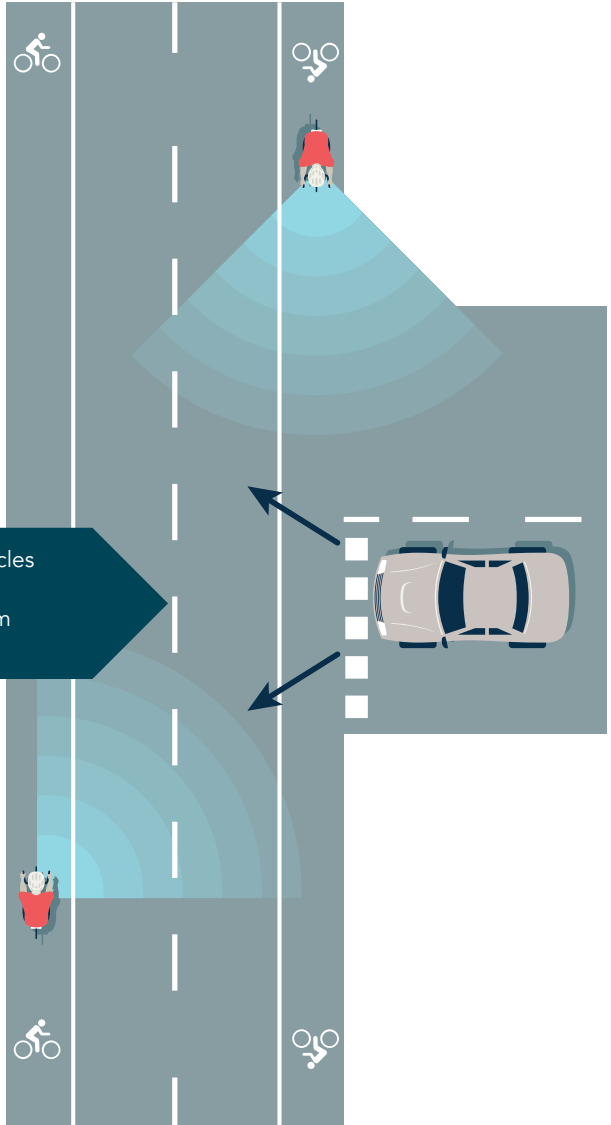
- Move into the middle of the lane when approaching roundabouts.
- Check it's clear ... and signal before you move out.
- Join the roundabout when it is safe.
- Stay in the middle of the lane and signal as you approach your turn-off.
- Double-check for other vehicles at intersections.
- If a vehicle ahead of you is turning left, wait behind them.



## Adjust your riding to suit the weather and light conditions

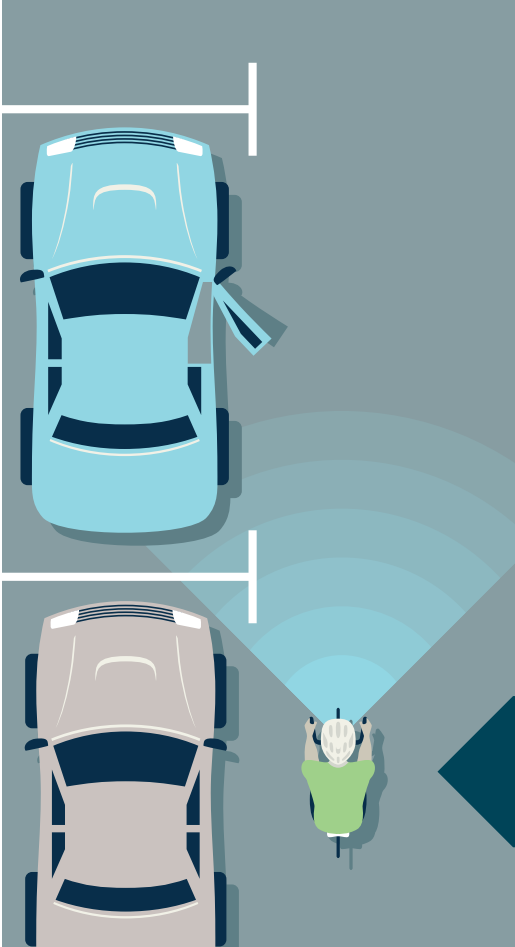
- Wet weather can make the road slippery and reduce visibility. It also takes longer to slow down or stop.
- Give yourself more time to react by slowing down and leaving more space.
- Never use earphones when riding.
- Ride bright. Consider wearing light coloured or reflective clothes.
- Use your lights at night, in low light and poor weather conditions.

Double check for other vehicles at intersections.  
Make eye contact to let them know you've seen them.



## Watch out for people opening doors or pulling out of driveways or parking spaces

- Look for the typical signs, eg: drivers moving around in their car, brake lights on, or interior lights going on or off.
- Ring your bell or call out to let people know you are there.
- Give yourself time and room to react or stop.
- If the road is narrow, slow down and prepare to stop.



If safe, ride out from parked vehicles so you are out of the door opening zone.



# BE PREDICTABLE

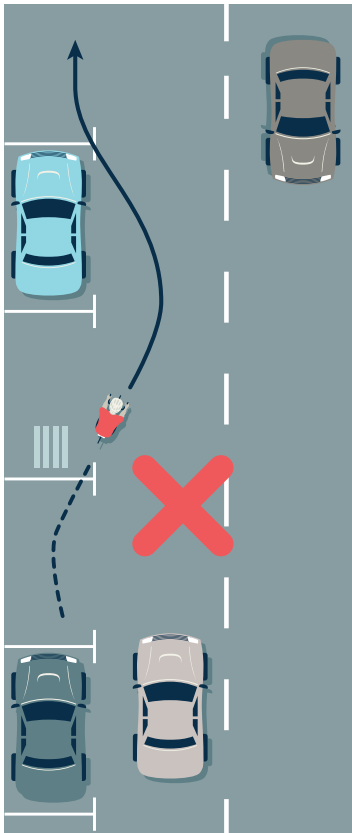
Keep a straight line and ride at least 1m out from the gutter

Signal well in advance before pulling out, changing lanes or turning

- This will give other people more time to react.

Ride consistently and avoid sudden stops

- Follow any recommended speed limits for paths but always adjust your riding to suit the conditions. If lots of people are using the path, slow down and prepare to stop.



- Bikes maintain a straight line.
- This avoids unnecessary swerving to avoid parked cars and other obstacles.

# BE COURTEOUS

## Follow the Road Rules

- Use a bike lane where it is practical or safe.
- Stop at red lights and obey traffic signs.
- Don't use your mobile phone.

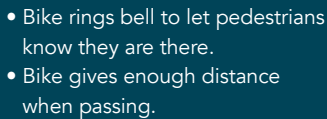
## Share Paths

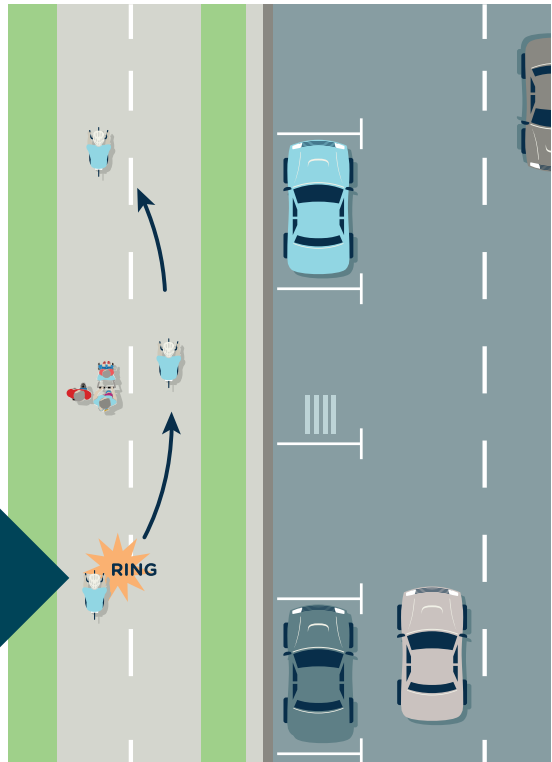
- Always ride single file on paths.
- Pedestrians always have right of way.
- Only pass other riders, pedestrians or runners when it is safe to do so.
- Ring your bell to let them know you are there, but don't startle them.

- After passing, make sure you are well clear before moving back in.
- Pay extra attention to vehicles pulling out from or into driveways.

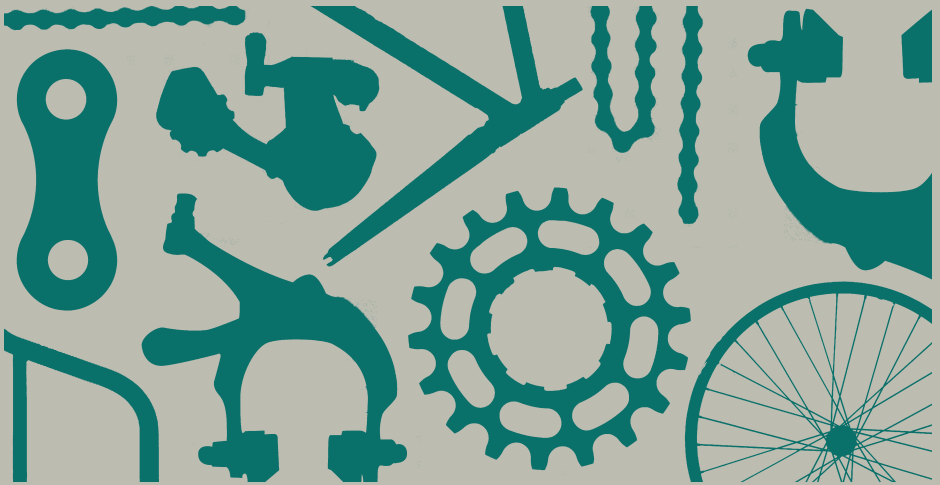
## Say 'thanks'

- Always give a nod, a wave, a thumbs-up or a smile to those who do the right thing.

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- Bike rings bell to let pedestrians know they are there.
  - Bike gives enough distance when passing.



# Be Alert Be Predictable Be Courteous



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## Other guides in this series:

Riding safely on your own  
Driving safely with bike riders

