

Message from the Road Safety Office of Leitrim County Council

Road Safety Advice for Cyclists - Cycling Safety

Now that Summer is here (hopefully!), the number of cyclists on our roads will increase. In recent years, cycling has become more and more popular for adults and children. However, Cyclists are one of the most vulnerable category of road users. Every year there are many cycling fatalities on Irish roads and countless collisions involving cyclists.



Advice and tips on how to stay safe while cycling on Irish roads:-

- Never cycle in the dark without adequate lighting – white for front, red for rear
- Always wear luminous clothing such as hi-vis vests, fluorescent armbands and reflective belts so that other road users can see you
- Wear a helmet
- Make sure you keep to the left. Always look behind and give the proper signal before moving off, changing lanes or making a turn
- Follow the rules of the road, never run traffic lights or weave unpredictably in and out of traffic
- Maintain your bike properly – in particular, your brakes should work properly and your tyres should be inflated to the right pressure and be in good condition
- Respect other road users – don't get into shouting matches with motorists; stop at pedestrian crossings; don't cycle on the footpath
- Watch your speed, especially when cycling on busy streets and going downhill
- Steer well clear of left-turning trucks: let them turn before you move ahead

Cycling for Children

Do's and don'ts of safe cycling for children

Do ensure they:

- Cycle a bike matched to their height and experience
- Wear a safety helmet
- Use lights in dark or dusky conditions

Don't allow them to:

- Cycle on public roads unsupervised (if under 12)
- Wear loosely-worn scarves or other clothing that could get caught in the wheels or chain-set
- Take unnecessary risks

Sharing the Road Safely with Cyclists

Cyclists are entitled to road space as much as cars, vans, goods vehicles or any other vehicle on the road. Cyclists are a vulnerable category of road user. Motorists must keep a safe distance when over taking cyclists.

Motorists should give a 1 metre clearance when over taking a cyclist in Speed Limit areas of up to 50km/h and a 1.5 metre clearance in Speed Limit areas over 50km/h

Give the space to ride safe

The general message is the need for drivers to properly observe the road at all times for the presence of cyclists, be they commuters, shoppers, family or racing groups. In particular, be mindful of the following:-

- **Anticipating** cyclists at junctions and checking the various driver blind spots.
- **Checking** mirrors and blind spots when getting out of a parked vehicle to avoid the risk of 'dooring' a cyclist that might be passing by.
- **Allowing** plenty of space when over-taking a cyclist, particularly when they are cycling in groups or two abreast.

Ultimately, motorists are asked to be respectful of cyclists and mindful of how they use the road. We all share the road, and if we're considerate of each other, we'll see fewer needless collisions and deaths.