

# The 5 golden rules for safe cycling on the road

Applying these rules will help you be safe on the road, even when cycling infrastructure is poor. Start on roads with low traffic conditions, and gradually - with increasing skill and experience - you will be able to cycle confidently on more busy roads as well.

If you have any questions or you are in need of more personal coaching, please contact me: [werner@bikingbodyplanet.com](mailto:werner@bikingbodyplanet.com)

Enjoy your ride!

## 1. Look, look, look!

- Always try to make eye contact with other road users. If this is not possible, make sure there is sufficient safety margin before you make a move.
- Always apply the so called “life saver” (look over your shoulder) just before you change your direction or position on the road.
- Always check for oncoming traffic when passing side roads, driveways, etc. When visibility is obstructed (fences, hedges,..), slow down and only pass when safe.

## 2. Stay out of the blind spot of other vehicles

- Not only trucks, but also buses, vans and even cars have a blind spot.
- Never move forward along a stopped or slow driving long vehicle. Be especially aware when you are approaching a side street (the vehicle could make a turn without noticing you).
- When approaching a truck, try to make eye contact with the driver. Only proceed when (s)he gives you a sign. Never stop or ride in a position you cannot be seen by the driver.



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### 3. Keep away from parked cars

- Always keep at least 1,5 m away from parked cars to prevent you from crashing on opening doors. Do this even when the road design suggests you to cycle closer (like in Belgium the so called “cycling suggested lanes”).

### 4. Make yourself visible and predictable

- Adopt a prominent position on the road.
- When visibility is poor, make yourself conspicuous by turning on your cycle lights and wearing reflective jackets or belts.
- When you need to make a manoeuvre, start well in time and signal to make yourself clear to other road users. Think ahead to avoid sudden moves.

### 5. Reckon with the mistakes of other road users

- Observe - and anticipate on - the actions of other road users.
- Never pass another vehicle - even when you have right of way - when you are not 100% sure it will give way to you. The other road user could not have noticed you, be distracted or come from a country where other priority rules apply.

## Sources

Fietsersbond Belgium. (Elektrisch) fietsen (Electric cycling).

Franklin, J. Cyclecraft. TSO, 2014.



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