



# CYCLISTS

## MOTORISTS & PEDESTRIANS

LET'S LOOK OUT  
FOR EACH OTHER



*Let's help them so they help you...*

**Here are some things drivers and pedestrians have said they would like cyclists to do both on and off the road:**

*"Please make it easier for us to see you by putting lights on your bikes and wear clothes that make it easier for us to see you (e.g. a hi vis bag cover)."*

*"Please, if you use very powerful lights on you bike, can you adjust them so they don't blind us."*

*"Please look back and do a hand signal so we know that you are going to turn in front of us."*

*"If you ride in a large group, we'd really appreciate it if you could occasionally pull in to let us by."*

*"Please stop riding up no entries where you're not meant to, we're just not expecting this."*

*"Please don't ride on the pavement, it can feel really dangerous to us pedestrians."*

*"Please stop riding through red traffic lights."*

*"If you're riding out in the middle of the road, please pull in when it's safe, to make it easier for us to overtake you."*

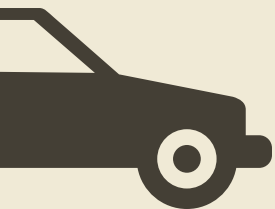
*"Don't undertake us in lines of traffic, we don't expect it."*

*"Please don't just ride out of junctions without checking it's safe."*

*"When you're riding on shared facilities, please remember we probably won't hear you coming."*

*"Please don't wear head phones and listen to music."*

*"When approaching horse riders please call out a warning so you don't startle the horse and rider."*



## Watch your position on the road

- Always check behind before changing your road position.
- Ride further away from the kerb, you'll be more obvious and easier to avoid.
- Allow at least a full door width's space between you and parked cars - and watch for open doors.
- If the road is too narrow for a vehicle to pass you then it may be safest to ride in the middle of the road.

## Wait ahead at lights

- Wait in front of other vehicles (not tucked in at the side) when you're at traffic lights.
- Make sure you are well in front of large vehicles such as HGVs and are not waiting on the left - make eye contact so they know you are there. If you can't get to the front safely, wait behind the vehicle and position yourself to be visible in the drivers mirrors.
- Never pass buses on the left when they're at stops or pulling in to them.

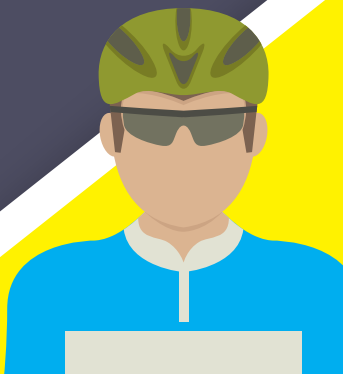
## Make eye contact

Make eye contact with drivers to ensure they know you're there. It will make them give you the space on the road that you deserve.

## Ride confidently

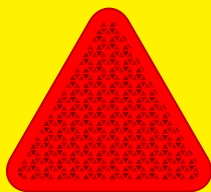
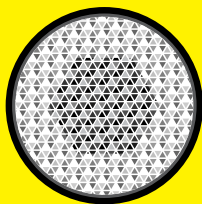
- Know where you should be on the road.
- In heavy traffic go at the same speed as other vehicles.
- Look out for drivers trying to move onto the road you're on.
- Be assertive, not aggressive.

*Be safe  
and be seen*



## Be alert

- Be aware of everything going on around you.
- Watch out for pedestrians stepping off the kerb without stopping and looking, particularly in St Helier when near the shopping centre and pedestrianised areas. Make sure you have a bell on your bike to sound a timely warning.
- Watch out for vehicles pulling into the kerb or turning left.
- Look up and around, rather than just in front of your bike.
- Practice looking behind without wobbling or swerving.
- Watch out for vehicles coming out of side streets - they may not see you - check behind as you approach the side street, if safe to do so, you should adjust your road position to move further out into your side of the road to be more visible to any waiting traffic.
- You are permitted to cycle the against the flow of traffic in some one way streets in St Helier (this is signed). Pedestrians may not expect this and not check in your direction, they are unlikely to hear you. Some vehicle drivers may be unaware you are entitled to do this.



## Be seen and be safe

- A bright jacket or rucksack can make you easier to see.
- By law, after dark, your bicycle must have a white light at the front, a red light and reflector at the back and pedal reflectors.
- Put reflective strips on your rucksack, jacket or wear wrist bands for better visibility at night.



## Cycle helmets

- A contentious issue for some, we recommend you do wear one. Make sure your helmet fits - tighten the straps so that you can't push the helmet up your forehead, side to side or up at the back.

For more detailed instructions how to fit a helmet go to [www.jerseysaferoads.com/are-you-ready-to-ride](http://www.jerseysaferoads.com/are-you-ready-to-ride)

Anyone aged 13 and under must wear a properly fitted helmet up to current EU standards by Law.

## Your Bike

- Get your bike professionally checked over by a qualified bike mechanic at least once a year, more if you are a regular cyclist.
- Check the brakes are working every time you start a journey.
- Make sure tyres are pumped up and in good condition.
- Use bike oil to lubricate the chain and working parts regularly.
- Make sure your saddle height is correctly adjusted so that when you're sitting on the saddle, you are on the balls of your feet. This will give you a comfortable ride and ensure you can signal without undue wobble.
- Make sure all the nuts and bolts are tight.



# Let's look out for each other



Each year cyclists, pedestrians and car drivers are injured both on and off the road.

Everyone can benefit if all road users ***'Look Out for Each Other'***.

This leaflet has useful tips on how to stay safe when cycling and how you can safely share space with drivers and pedestrians.

LET'S LÔÖK OUT  
FOR EACH OTHER

Find out more about road safety at  
**[jerseysaferoads.com](http://jerseysaferoads.com)**

