

Top tips for enjoyable cycling.

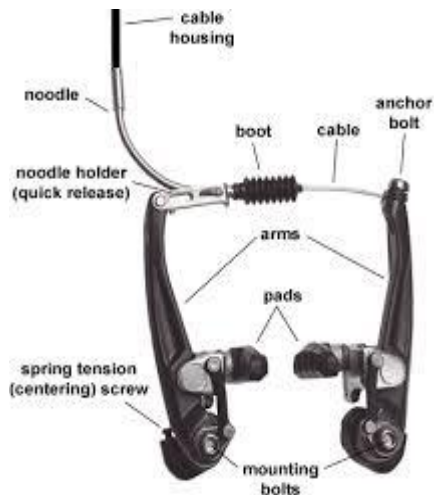


If you are new or returning to cycling it may be useful to have a look through the [Highway Code](#) as you can pick up some really useful information about cycling.

Tyres

Check your tyres air pressure every couple of weeks as tyres lose a little air each day on their own. Very often you can see that a tyre looks soft when sitting on the bike, if you can squeeze the tyre then the air pressure is probably too low.





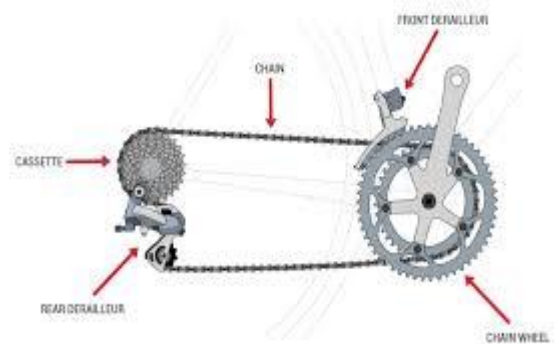
Brakes

Most brake pads have grooves in the rubber friction material (the bit that touches the wheel rim), when the grooves have almost disappeared then it is probably time to replace your brake pads. You can usually adjust your brakes by turning the adjuster at the handlebar brake lever. It is worth keeping your wheel rims and brake pads clean (especially in winter) as the build-up of dirt on the rims and brake pads can cause them to wear out quickly. Detergent (washing liquid) and warm water does a good job of cleaning the rims and brakes.

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Chain

Make sure your chain is not dried out or rusty, as this can lead to premature wear of the chain and the gears. If the chain is dry, lubricate it by using a greaseless chain lubricant, but don't apply too much as that will cause road dirt to stick to the chain and gears. Once you have lubricated the chain use an old newspaper to rub over the chain to remove excess lubricant.



If you find stiff links in your chain, you may be able to free them by carefully and slightly bending the chain sideways back and forth with some lubricant until the stiff link loosens up.

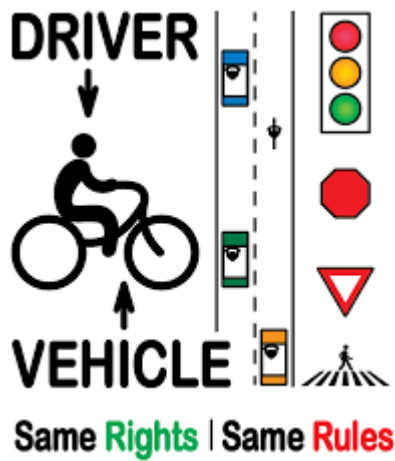


Wheels

The majority of bikes are fitted with quick release wheels so it is important that you check the quick release wheel handles are tight.

Helmets

It is strongly recommended that you wear a cycle helmet at all times. For more information on the fit and types of cycle helmets please speak to a local cycle retailer. Make sure you fit and adjust your helmet correctly so that it fits snugly and the straps and slides are properly adjusted. As a guide you should just be able to get two fingers between the chin strap and under your chin.



Riding in Traffic

When riding in Guernsey:

- it is compulsory to ride on the left side of the road;
- it is best to ride at least 3 feet from the edge of the pavement/road;
- it is best to ride at least 4 feet from a parked car;
- it is recommended that you follow the 'Rule of Thirds'.

Whether you communicate by using hand signals, your voice, a horn or bell, or even polite hand gestures, will help make yourself and your intentions known when out on the roads.

The Rule of Thirds:

Use your position on the road to show others where you are going. When you approach an intersection, there are three choices: a right turn, a straight path of travel, or a left turn. By being in the correct position on the road, you make yourself more visible to others and can communicate what you are doing and where you are going by using hand signals.

Riding at Night:

Visibility should be your first concern at night not only so you can see where you are going, but so that others can see you.

In law you are required to have front and rear lights lit. Your cycle must also be fitted with a red reflector (and amber pedal reflectors if



manufactured after 1/10/85). White front reflectors and spoke reflectors will also help you be seen. Flashing lights are not permitted.

Wearing reflective and light coloured clothing is also very useful in making yourself visible to others at night as is positioning on the road. This is an essential way in which you can help make yourself visible at night, ride where drivers expect you to ride so you can be more visible.



Riding in Rain and Fog:

Slow down and give yourself and other road users more space. Using your lights is another good way of being seen in wet conditions.

It is also a good idea to start braking earlier, and use brakes more gradually than you would when it is dry. Ride around puddles where you can in case there is a pothole below, and be on the lookout for slippery manhole covers and lines that are painted on the roads.

Filters:

At a junction that is controlled by 'Filter in Turn' signs, all directions have equal priority so give way in turn to vehicles which also intend to enter the junction.





General tips:

- The rules of the road apply the same to cyclists as they do motorists;
- Only ride where you know it is legal, roads that are closed are closed to protect cyclists as well as motorists;
- Remember it is against the law to ride more than two abreast;
- Watch your speed when going downhill;
- Be prepared to meet traffic and be alert in the lanes;
- Be considerate to walkers and horse riders;
- There are lots of gateways that cross footpaths so you never know what may be coming out of a driveway, it is against the law to ride on the footpath;
- Take care when crossing main roads;
- Make sure you stop at yellow lines, and at give way signs;
- Wear brightly coloured clothing to help make you more visible;
- Wear a cycle helmet to help protect you in the event of an accident;
- Pedestrians have priority over cyclists, so when in shared spaces such as the cycle paths, expect to see and give way to pedestrians.
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