

Safe Cycling Guide



LET'S
PLAY

Think Safe • Play Safe • Stay Safe


SINGAPORE
SPORTS COUNCIL

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Government of Western Australia

Department for Planning and Infrastructure
<http://www.dpi.wa.gov.au/cycling/1515.asp>

Singapore Police Force - Traffic Police

- Feedback on Cycling on Footways
http://www.spf.gov.sg/feedback/safe_guidelines.htm
- Safe Cycling Guidelines
http://www.spf.gov.sg/feedback/safe_guidelines.htm
- Frequently Asked Questions (FAQ) on Cycling on Footways
http://www.spf.gov.sg/faqs/traffic_footways.htm



Health Promotion Board of Singapore

Overview on Exercise
http://www.hpb.gov.sg/hpb/default.asp?pg_id=923



Land Transport  Authority

Land Transport Authority (LTA)

Website: <http://www.lta.gov.sg>





National Parks Board (NParks)

Website: <http://www.nparks.gov.sg>



National Safety Council of Singapore (NSCS)

Website: <http://www.nscs.org.sg>



SMRT

Information on bringing your foldable bicycle on board trains and buses

http://www.smrt.com.sg/buses/documents/Bus_Poster.pdf



Singapore Amateur Cycling Association (SACA)

Website: <http://www.cycling.org.sg>



Safe Cycling Task Force

Website: <http://safecycling.org>



Australia and New Zealand Association (ANZA) Cycling

Website: <http://www.anza.org.sg>



Triathlon Association of Singapore (TAS)

Website: <http://www.cycling.org.sg>

Sports Safety Working Committee (2008):

- Health Promotion Board
- KK Women's and Children's Hospital
- Ministry Of Education
- Nanyang Technological University
- National Parks Board
- Peoples' Association
- Public Utilities Board
- SAFRA National Service Association
- Singapore Heart Foundation
- Singapore Police Force
- Singapore Sailing Federation
- Singapore Sports Council
- Triathlon Association of Singapore

For further information or feedback, please contact the Sports Safety Division/SSC at 6500 5431 or email us at ssc_ssy_temp@ssc.gov.sg or visit our website at <http://sportssafety.ssc.gov.sg>

Please note that the advice in this safe cycling guide is not exhaustive. All cyclists must exercise their own caution and everyone is nevertheless responsible for their own wellbeing. SSC totally excludes any liability whatsoever for any death, personal injury or mishap that may occur. Exercise and cycle safely and where necessary, seek professional and medical advice.

SAFETY IS EVERYONE'S RESPONSIBILITY.

Another initiative by the Sports Safety Division, Singapore Sports Council.



2. INTRODUCTION

The key to safe cycling is as easy as S.A.F.E.



▶ **S - Standardization**

Set the standards for safe cycling and cycle defensively. Never assume that a motorist has seen you and always stay visible, predictable and follow the safety rules.

▶ **A - Alert**

Remaining alert is another important factor to a safe cycling trip. Always look out for hazards and other road users, making sure that they too are aware of your presence.

▶ **F – Fitting Helmet and Safety Gear**

Wear protective & safety gear to reduce the risk of injury and harm.

▶ **E – Etiquette**

Be courteous and treat other road and path-users with the same consideration that you would expect from them.

3. ESSENTIALS FOR SAFE CYCLING

Essential items and accessories for the bike can improve the quality and safety of your riding experience. Here is a list of some of the most essential items:

- ▶ helmet
- ▶ good-working brakes
- ▶ bell
- ▶ mirrors
- ▶ bright clothing
- ▶ lights

3.1 Helmet

Never compromise when choosing a helmet. Fit and comfort should always be placed ahead of price.



Fit

A snug fit is the key to buying an appropriate helmet. Choose a helmet with an internal shape that closely matches your head shape and size. Don't rely on the size pads to 'take up the slack' - they should only be used to achieve a fractional fit. Try the helmet first without the pads. Use your index finger to check the gap between your head and the polystyrene inner. If it fits easily, the gap is probably too great. If the gap varies from front to side, it indicates a mismatch between the helmet and your head shape.

Once the sizing pads are in, the helmet must be stable on your head before the straps are fastened, there should be practically no movement - sideways, backwards or forwards. It should fit level on your head and not tilted back at an angle.

Before leaving the shop, ensure you have adjusted and tightened the straps so that the helmet sits firmly on your head. Don't assume it can be done later.

Visibility

Choose a helmet with bright or fluorescent colours for higher visibility. Avoid choosing dark colours like black because they're harder for motorists to see.

Air Vents

Air vents allow air to flow over your head, helping to keep you cool and aiding sweat control. Although comfort is one of the key aspects in choosing a helmet, selecting one with too many vents, or excessively large vents means less foam protecting your head.

Helmet Safety Standards

There are a number of recognized safety standards for bicycle helmets. Check for stickers located inside every helmet stating these standards. A list of some of the helmet performance standards to look out for include:

- ▶ Snell Memorial Foundation
- ▶ CPSC
- ▶ EN1078
- ▶ American National Standard Institute (ANSI Z-90.4)
- ▶ ASTM



Do note that visors are not tested for shattering under helmet standards. They can snag or shatter and cut you during a fall.

Helmet Safety Tips:

1. Wear Standards approved helmets.
2. Wear a helmet at all times on roads and paths which are accessible to the public.
3. The retention straps on the helmet must be correctly fastened at all times.
4. A child in a child carrier seat must also wear a Standards approved helmet.
5. Check on the lifespan of the helmet, and if unspecified, change your helmet every 2-3 years even if it looks to be in good condition.
6. Always read any attached warning or instructions from the manufacturer pertaining to usage of helmets, especially after a crash.
7. Replace your helmet immediately after a crash, or if it bangs into an object, even if the helmet still looks okay visibly.



3.2 Bell

A bell serves as a warning device to warn nearby pedestrians of your presence. Always ring your bell when approaching pedestrians or slower moving cyclists from behind. Use the bell about 30 metres before reaching them. If they are aware of your presence with plenty of time to spare, they are less likely to be alarmed and make sudden sideway movements.



3.3 Mirrors

Mirrors enable you to be more aware of your surroundings without having to turn your head around too much. The most popular are small circular mirrors on stems that clip to the handlebars. There is another smaller version which is attached to the rider's helmet.

