

If you answered YES to one or more questions:

Talk with your doctor by phone or in person **BEFORE** you start becoming much more physically active or **BEFORE** you have a fitness appraisal. Tell your doctor about the PAR-Q and which questions you answered **YES**.

- You may be able to do any activity you want – as long as you start slowly and build up gradually. Or, you may need to restrict your activities to those which are safe for you. Talk with your doctor about the kinds of activities you wish to participate in and follow his/her advice.
- Find out which community programs are safe and helpful for you.

If you answered NO honestly to all PAR-Q questions, you can be reasonably sure that you can:

- start becoming much more physically active – begin slowly and build up gradually. This is the safest and easiest way to go.
- take part in a fitness appraisal – this is an excellent way to determine your basic fitness so that you can plan the best way for you to live actively. It is also highly recommended that you have your blood pressure evaluated. If your reading is over 144/94, talk with your doctor before you start becoming much more physically active.

DELAY BECOMING MUCH MORE ACTIVE:

- if you are not feeling well because of a temporary illness such as a cold or a fever – wait until you feel better; or
- if you are or may be pregnant – talk to your doctor before you start becoming more active.

PLEASE NOTE:

If you answer YES to any of the above questions, tell your fitness or health professional. Ask whether you should change your physical activity plan.

11.3 Warming Up

As with any exercise, it is important to warm up before cycling. Cycling gently for ten minutes will warm your body up and prepare your muscles for more intense exercise.

Increase the speed and distance you cycle at a steady rate as you get fitter, remembering that you are exercising for good health and enjoyment. As a guide, a beginner with a moderate level of fitness should aim to cover 5 kilometres in 20 minutes.

Rest is also very important as it allows your body to recuperate. Cooling down after a ride is just as important as warming up beforehand. Ride at an easy pace for the last five minutes of your ride and you will finish refreshed and revitalised, rather than strained and tired.

11.4 Current Recommendation For Physical Activity

The Health Promotion Board of Singapore recommends 30 minutes of exercise 5 – 7 days per week.⁵ 30 minutes might sound like a lot of exercise in one go but the good news is you can break it up throughout the day. That is, you can exercise for ten minutes three times a day, or 15 minutes twice a day and still benefit.

To get the most out of cycling, try to go at a pace that makes you breathe a little faster, feel warmer and have a slightly raised heart beat.

Remember; take it easy to begin with. When you first start cycling you should aim to cover five kilometres in 20 minutes. As you become fitter and more comfortable on your bike, start to increase your speed and distance.



⁵Source: Health Promotion Board of Singapore as of 15th April 2009

12. CYCLING AND THE LAW⁶

This section covers the requirements and offenses as laid down by the Singapore Traffic Police and the Road Traffic Act. This guide hopes to advise users like you to use this as a guide to comply with the rules and regulations as well as to encourage everyone to cycle safely with caution so as not to endanger their own and others' lives.



12.1 Cycling Equipment

A bicycle must have the following:

- ▶ a bell (or other effective warning device) that functions correctly.
- ▶ effective hand operated wheel brakes.
- ▶ a red reflector fitted to the rear.

When riding during darkness (7pm-7am), a bicycle must also have:

- ▶ a front light showing a continuous white beam that is clearly visible from 200 metres.
- ▶ a rear light showing a continuous or flashing red beam that is clearly visible from 200 metres.
- ▶ a yellow side reflector (visible from both sides) on each wheel.
- ▶ yellow reflectors fitted to both side edges of each pedal.

⁶Source: Singapore Traffic Police & Road Traffic Act (Singapore) as of 15th April 2009

12.2 Carrying or Towing Loads

Any load or attachment on a bicycle must not be likely to cause injury to the rider or any other person. Each bicycle should not carry a load that weighs more than 18kg in total and the load cannot overhang the body fitted thereto nor shall its height be more than one metre from the ground.

12.3 General Road Traffic (Bicycle) Rules

When using a public road, all bicycle riders must obey the same rules as other vehicles such as cars and trucks. A cyclist may be punished under the Penal Code/Road Traffic Act should he/she act rashly or negligently so as to endanger human life or the personal safety of others.

The most common rules include those applying to traffic control lights, stop signs, careless/reckless riding, and keeping left. As a general rule, cyclists shall not unreasonably obstruct or prevent free passage of a vehicle or pedestrian upon a path or road. Similarly, vehicles and pedestrians shall not unreasonably obstruct cyclists.



1. Bicycles are not permitted to be towed by any other vehicle when on any road.
2. Restriction on number of persons carried.
 - ▶ All bicycles can only carry at one time, no more persons than the number for which it is designed and no pillion passenger shall be carried on a bicycle unless it is designed for one.
 - ▶ This is with the exception of a child under 12 years of age who may be carried on a properly constructed child seat affixed firmly to the pedal bicycle.

3. Travelling abreast is prohibited.
 - ▶ Bicycles are not permitted to be ridden on the right of another vehicle proceeding in the same direction except when overtaking such other vehicle.
 - ▶ Bicycles shall not be ridden on the right of any two other pedal bicycles proceeding abreast in the same direction except when overtaking such other pedal bicycles or on parts of roads or paths set aside for the exclusive use of bicycles.
 - ▶ When a portion of a road or path has been set aside for the exclusive use of bicycles, bicycles cannot be ridden on any other part of the roadway.
4. Bicycles are not allowed to be ridden on expressways, road tunnels and areas which are demarcated with signs indicating that bicycle riding is prohibited.
5. Slow down when approaching road openings, bends, junctions, bus stops and pedestrian crossings.
6. Do not cycle across overhead pedestrian bridges or pedestrian crossings. Instead, dismount and push your bicycle and practice proper kerb drills before crossing the road. Look right, left and right as if you are a pedestrian.

Common infringements by cyclists in Singapore include but are not limited to:

- ▶ **failing to have proper look out for others.**
- ▶ **changing lane without due care,**
- ▶ **failing to give way to traffic with right of way,**
- ▶ **riding on expressways,**
- ▶ **riding against the traffic flow,**
- ▶ **and failing to conform to red light signal.**

12.4 Dealing with Traffic

On-road cyclists need to ride defensively at all times.

- ▶ Try not to ride along a road directly into a rising or setting sun. These light conditions make it harder for motorists to see you.
- ▶ Show caution when nearing a motorist who is intending to turn left across your path. Always assume the motorist has not seen you.
- ▶ Always use the correct hand signals to indicate when you want to turn left or right and to stop and make them in sufficient time to enable traffic to take appropriate action for the avoidance of danger.



Turning left : Fully extend your left arm horizontally with the palm of the hand to the front.

Turning right : Fully extend your right arm horizontally with the palm of the hand to the front.

Stopping : Fully extend your right arm horizontally with the forearm vertical and with the palm of the hand to the front;

U-turning : Same rules apply as for a right hand turn.

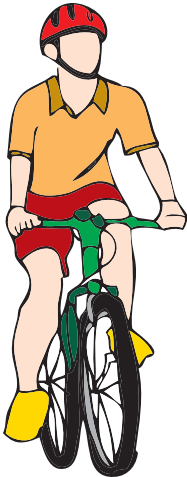


- ▶ Allow some space and slow down when passing parked cars. A door suddenly opening can be a hazard so stay about 1 metre away.
- ▶ Avoid riding within two metres of the rear of a motor vehicle, over a distance of more than 200 metres.
- ▶ Never overtake on the left side of a motor vehicle if that motor vehicle is moving and indicating to turn left.

13. SHARED PATHS & CYCLING TRACKS

Currently, under Rule 28 of the Road Traffic Rules, cycling on footways is prohibited. Like any other vehicles, bicycles are to be ridden on the roads and cyclists are required to abide by all relevant traffic rules and regulations.

However, the feasibility of allowing cyclists to share pedestrian footways in selected towns, depending on local conditions is being explored. To that end, a Tripartite Committee comprising Land Transport Authority (LTA), the Traffic Police (TP) and Tampines grassroots organisations conducted a trial in Tampines Town to study the extent to which local residents are prepared to share a common footway with cyclists safely and with mutual accommodation⁷.



13.1 Shared path courtesy⁸

- ▶ Always give way to pedestrians.
- ▶ Look out for pedestrians or other cyclists before moving off.
- ▶ When using a shared path, keep to the left at all times unless overtaking.
- ▶ Travel in a single file on shared paths unless overtaking.
- ▶ Cycle slowly, slowing down especially when passing pedestrians - remember they are slower and can be unpredictable.
- ▶ Always be aware and alert of the intentions of other footway users.
- ▶ When approaching pedestrians from behind, always ring your 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 startled or make sudden sideways movements.
- ▶ Use hand signals to inform other footway users of your intentions.
- ▶ Prepare to slow down or stop if the human flow is heavy, especially in school zones. Dismount and push your bicycle if necessary.
- ▶ Slow down when approaching road openings, bends, junctions, bus stops and pedestrian crossings.

⁷Source: Land Transport Authority of Singapore as of 15 April 2009

⁸Singapore Police Force - Feedback on Cycling on Footways as of 15th April 2009

Be particularly careful where a shared path crosses a busy road. Look in all directions before proceeding across the road and onto the path on the other side. Cyclists also need to show caution where a shared path crosses residential and commercial driveways. In some instances, a reversing driver cannot see a person using the path.

13.2 Cycling Tracks in Parks

There are numerous parks in Singapore that provide lush greenery, cooling shade and provide a shield from the hustle and bustle of traffic noise and exhaust fumes. These parks provide a safer and relaxing location for people to carry out recreational activities like cycling. However, as with the shared paths, it is still important to be mindful of other users of the parks. Here are some extra tips to follow on top of the shared path courtesy located on the previous page:

- ▶ Stay on track – Stay within the cycling tracks where available and keep a look-out for pedestrians that may have walked onto the wrong designated track.
- ▶ Avoid speeding within parks.
- ▶ Show consideration to others by not hogging the tracks when cycling in groups.
- ▶ Ensure sufficient rest points for long distance cycling and ensure adequate hydration.



14. FOLDABLE BICYCLES ON BUSES AND TRAINS⁹

From 15 March 2009, foldable bicycles are permitted on buses and trains during weekday off-peak times (Mon - Fri : 9.30am - 4.00pm, 8.00pm to end of revenue service), and all day on Saturdays, Sundays and Public Holidays.



- ▶ Cyclists are responsible for the safe carriage of their foldable bicycles and must stay in the vicinity of their foldable bicycles at all times.
- ▶ Foldable bicycles should be FOLDED AT ALL TIMES in the MRT/LRT stations, bus interchanges/terminals and on trains and buses.
- ▶ Foldable bicycles should not exceed 114 cm by 64 cm by 36 cm when folded.
- ▶ The wheels of the foldable bicycles should be wrapped up if they are dirty or wet.
- ▶ Protruding parts likely to cause injury or dirty/damage property should be covered up.
- ▶ Foldable bicycles should not block the aisles and doors or impede commuters' movement at any time.
- ▶ Foldable bicycles should be carried in an upright position.
- ▶ When travelling by train, cyclists should use the first or last car, which is usually less crowded.
- ▶ Cyclists should use the lifts and wide far gates at MRT/LRT stations where these are available.
- ▶ Foldable bicycles are not allowed on the upper deck of a bus or on the staircase leading to the upper deck, Only one foldable bicycles is allowed on each bus at any one time.

SMRT/SBS Transit station staff and bus drivers may disallow foldable bicycles if the actual situation within an MRT/LRT station, bus interchange/terminal or on board a train/bus does not permit foldable bicycles to be admitted safely and without inconveniencing other commuters.

⁹ Source: SMRT as of 15th April 2009

Notes

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**SAFETY
STARTS
WITH
ME**



Safety is a big part of our sporting culture and should be the cornerstone of every individual's healthy lifestyle. Therefore, it is important for each of us to take responsibility for keeping ourselves safe and injury-free.



Think Safe • Play Safe • Stay Safe

