

These codes are extracted from the DCN Handbook, which also contains our Constitution, Policies and other details of how we operate.

For the full Handbook go to <http://www.dcn.org.uk/handbook.doc>

CYCLISTS' CODE

- **Be assertive (but not aggressive).** You have the same right to use the road as motor vehicles. Ride clear of the kerb or parked vehicles and where you can be seen more easily by other road users.
- **Be visible.** By law you must use lights after dark. Wear, bright or hi-vis clothing and add reflective strips or patches to improve your visibility both day and night
- **Be clear.** Make your intentions obvious to others by giving good hand signals when safe to do so and always use eye contact.
- **Be legal.** Not stopping at red lights or cycling on the footway is against the law and unjustly gives all cyclists a bad reputation.
- **Be kind to bike.** Learn how to maintain your bike and service it regularly to make you safer and your cycling more enjoyable.
- **Be considerate.** On shared use cyclepaths, keep your speed down, use your bell to warn pedestrians of your approach and give an arm's length distance when passing.
- **Be weather aware.** Take extra time and care in adverse weather conditions. Take bends slower and allow extra space to manoeuvre or to stop.
- **Be cautious at junctions.** As this is where most collisions occur, use clear road positioning and never undertake on inside of a large vehicle whose driver may not be able to see you.
- **Be alert.** Don't use your mobile phone or other device which can distract your attention from what is happening around you on the road.
- **Be stable.** Carry luggage low down and equally balanced on your bike. Bags swinging from handlebars can catch in spokes. Cycle panniers or a rucksack are best. Be wary of carrying loose items in a front basket which can jump out and cause mishap.
- **Be courteous and patient.** If another road user causes you alarm, don't respond with anger. You are more likely to be listened to if you politely explain the impact of their actions if and when it is safe to do so. Acknowledge helpful actions to win support for cyclists.
- **Be skilful.** If you lack confidence, one-to-one training is available for all ages and is often subsidised by your local authority, unlike driving lessons.

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AND WHEN YOU'RE A MOTORIST:

- **Don't speed.** Speed limits are imposed to make the road safer for everyone.
- **Anticipate cyclists.** Expect to meet them on road, especially when you see a 'Warning Cyclists' triangular sign.
- **Give cyclists space.** They need at least the same space as a motor vehicle so don't squeeze past at a pinch point but wait a minute – the ambulance takes 20mins if you get it wrong! They may need to swerve to avoid a pothole and wobble in windy weather.
- **Use your indicator.** When moving off from parked, when stopping, at junctions and leaving roundabouts, a cyclist needs to know your intentions.
- **Check before opening door.** Cyclists are taught to ride away from parked cars but novice riders often ride too close and will be caught off balance if you start to open a door.
- **Don't overtake only** to turn in front of a cyclist. A cyclist turning right is performing a difficult turn and needs time and space.
- **Dip headlights** for cyclists as for motorists.
- **Don't be distracted.** Leave your phone on silent and out of temptation's reach.