



# Road Safety Council Safe Cycling Training Programme





# INTRODUCTION

## Promote safe cycling

There are a growing number of cyclists in recent years. Cycling is fun, relaxing and healthy. However, it can be very dangerous without taking protective measures. We would like to enhance people's knowledge on cycling safety and remind all road users to be abided by the traffic laws through this programme.

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# Cycling Accidents Information

## Number of accidents

There were 2,555 cases of bicycle accidents in 2012. 2,640 people were injured and 9 of them were killed.

單車安全  
不容忽視!

NEVER NEGLECT THE  
IMPORTANCE OF SAFE CYCLING!

### Causes of accidents

- Poor techniques
- Negligence of safety
- Lack of safety awareness
- Affected by other road users

### Do you know...

- The Road Traffic Ordinance is applicable to both cyclists and drivers
- Road users who break the law will be prosecuted
- Not every kind of bicycles is suitable to be used on roads



**Equipment**  
**裝備篇**



**Safe cycling equipment**



## Choose a suitable bicycle

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- ✓ Choose one that complies with law requirement (such as fitted with warning instruments, brakes, reflector etc.)
- ✓ Have one with reliable quality and good performance
- ✓ Check carefully before riding on a bicycle



## Safety equipment

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Besides a suitable bicycle, personal safety equipment is very important to cyclists.

- ✓ **Helmet**  
A helmet can minimize the chance of head injury when accidents occur.
- ✓ **Gloves**  
Gloves can absorb sweat and prevent skin scratch.
- ✓ **Windshield eye glasses**  
Glasses can protect cyclists' eyes from the sun. They can also avoid wind and foreign objects getting into eyes.
- ✓ **Protection pads**  
Protection pads can prevent skin scratch and fracture.

## Other safety and helpful equipment

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- ✓ **Basic first-aid kit**  
The wounds can be dealt with immediately.  
(If one has not received first-aid training before, he/she should wait for the medicals.)
- ✓ **Adequate food and water**  
Cyclists need to keep physical strength in order to cope with cycling.
- ✓ **Sport shoes with adjustable straps**  
Shoes with straps can avoid the shoestrings getting into the wheels.
- ✓ **Mobile phone**



# “ABC” Checking

You can check your bicycle using the ABC method before you ride on it.

**A**ir pressure  
氣壓



Ensure the tyres have adequate air.

**B**rake  
剎車



Ensure the brake can function normally.

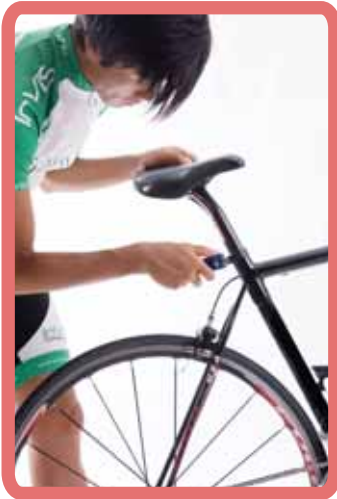
**C**ontrol / **C**hain  
控制 / 鏈條



Ensure the headstock and the chain work well.

# Size and Seat height

Ensure both the size and the seat height of your bicycle are appropriate.



- ✓ Suitable frame size
- ✓ Suitable height

# Others

Remember to check the following equipment too.

- ✓ Bell
- ✓ Reflecting board
- ✓ Front light (white) and rear light (red)





## How to choose helmet?

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- Choose a helmet that matches your head size.
- Distinguish the front side and back side of a helmet.
- Adjust the helmet to a proper horizontal position.
- Button the helmet up properly near your chin and ears.

## Notes

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- You should choose a helmet that complies with the international accreditation standards.
- A helmet can minimize injury of your head when accidents occur.
- You may still get hurt even if you wear a helmet. You should always stay alert when cycling.
- You should change a new helmet if the old one has been worn out.
- You should change a new helmet after any crash, even if there is no obvious damage on it.



	<b>Techniques</b> 技術篇	
	<b>Equipment</b> 裝備篇	

Having good cycling techniques can minimize the chances of accidents



## Basic Cycling Techniques

When cycling on roads and cycle paths, it is recommended that cyclists should master the following techniques:

- **Start**  
Cyclists should accelerate appropriately, with the pedals at correct positions, in order to keep the balance of the bicycle.
- **Slow down or Stop**  
Cyclists should distinguish the front brake with the rear one.
- **Straight line**  
Cyclists should not sway when cycling.
- **Turning**  
Cyclists should ensure the pedals are at correct positions.

If you are not confident of your techniques, you may practise at cycling parks at various locations in Hong Kong. For details, please refer to the LCSD website at [www.lcsd.gov.hk](http://www.lcsd.gov.hk)





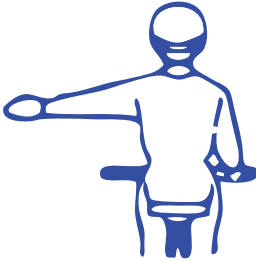
**Rule and  
Knowledge  
知識及規則篇**

Cycling Regulations and Safety Awareness

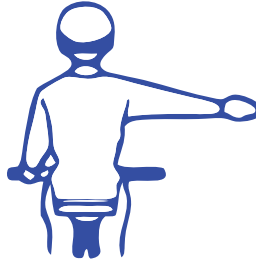


## Hand Signals

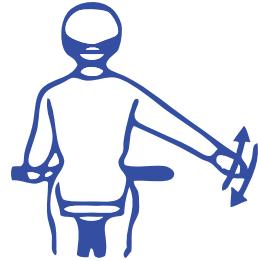
When you overtake a car, make a turn or stop your bicycle, it is important to observe the traffic circumstances nearby and to let other road users know where you are going by giving hand signals.



Turn Left



Turn Right



Decelerate

### **Important Notes**

You may need to move one of your hands away from the handle when you give hand signals. Cyclists should take their cycling techniques into consideration before doing so. If you are not confident enough, remember that it is more important to observe the surroundings than to give hand signals.

## Cycling Regulations

- Any children under the age of 11 should not cycle on roads alone.
- Turn on both front light (white) and rear light (red) at night or during low visibility.
- No cycling on pedestrian paths and no pedestrians on cycle paths.
- Do not cling on to other vehicles or haul any items.
- Do not use mobile phones or headphones.
- Do not cycle under the influence of alcohol or drugs.
- Do not take passengers or carry bulky goods on your bicycle.

## Safety Awareness

- Even professional cyclists may have accidents, but remember that most accidents can be avoided.
- We should always avoid the occurrence of accidents.
- When accidents occur, you may be the injured one whether you have done correctly or not.



# Road Signs

There are many different road signs on roads and cycle paths. You should understand the meaning of various road signs before cycling.



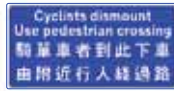
No Cyclists or Pedestrians



No Cyclists



Cycling Restriction



Cyclists Dismount



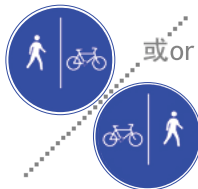
End of Cycling Restriction



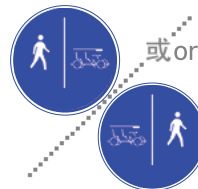
Cycles Only



Cycleway and Cycleground for multicycles



Footway and cycleway



Footway and cycleway for multicycles

for more Road Sign and Road Marking, please visit :  
Cycling Information Centre of the Transport Department  
[www.td.gov.hk/mini\\_site/cic](http://www.td.gov.hk/mini_site/cic)



## If accidents occur, \_\_\_\_\_

- stop your bicycle under safe conditions.
- move your bicycle to a safe place under safe conditions.
- do not venture to move the injured, unless you are trying to save a person from fire or other emergency incidents.
- call the police for help if necessary.

## Potential Dangers on Road \_\_\_\_\_

- **Decelerating fences on cycle paths**  
They may narrow the width of the paths.
- **Curbs**  
Curbs in different levels may lead to a loss of control.
- **Sharp turns**  
Cyclists should adjust their speed before turning.
- **Cycling Tunnels**  
There are blind spots in tunnels. Cyclists should not stop their bicycles in order to avoid accidents.
- **Pits**  
Cyclists should beware the bicycle tyres being stuck in pits.
- **Gaps between vehicles**  
Look out for pedestrians who may suddenly walk out from road sides or from the vehicles parked by the roads.
- **Vehicles**  
Look out for vehicles parked by the roads that may suddenly move or whose doors suddenly open. Also, look out for minibuses and taxis that suddenly stop.





## Reminders for Cyclists

- Your hands should always be placed on the handles and both feet on the pedals.
- Your fingers should be placed on the brakes so that you can stop your bicycle anytime.
- You should not sway your bicycle.
- You should do warm-up exercises.
- Your techniques improve with practice.
- You should not cycle under the influence of alcohol or drugs.
- You should stop exercising immediately if you are not feeling well.
- Big vehicles have bigger blind spots; do not drive parallel to big vehicles.

## Pedestrians

- Should walk on pedestrian paths.
- Should not underestimate the speed of bicycles.

## Drivers

- Should show understanding for cyclists on roads and give precedence out of courtesy.
- Should keep an appropriate distance when overtaking.
- Should look out for bicycles when turning and getting across an intersection.







# Safety equipment checklist



## List of Safety Equipment

- Helmet
- Windshield eye glasses
- Gloves
- Basic First-aid kit
- Elbow pads and knee pads
- Mobile phone
- Adequate food and water

## Checking your bicycle

- “ABC” Checking
- Seat height of bicycle
- Release the stand (if appropriate)

## Before start

- Watch the weather report
- Plan your routes beforehand





## Website Recommended

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**Road Safety Council**

[www.roadsafety.gov.hk](http://www.roadsafety.gov.hk)

**Hong Kong Police Force**

[www.police.gov.hk](http://www.police.gov.hk)

**Cycling Information Centre -  
Transport Department**

[www.td.gov.hk/mini\\_site/cic](http://www.td.gov.hk/mini_site/cic)



路上零意外  
香港人人愛

Zero Accidents  
on the Road,  
Hong Kong's Goal

