



THE NOTTINGHAMSHIRE HISTORIC CHURCHES TRUST

SPONSORED RIDE & STRIDE – SAFETY ADVICE

Make sure that your bike is safe to ride, paying special attention to the brakes and tyres. It is a good idea to wear a helmet, which conforms with recognised standards. Light coloured or fluorescent clothing is also recommended. **CHILDREN SHOULD CYCLE UNDER ADULT SUPERVISION.** Display a Sponsored Ride and Stride sticker.



Cycling Rules:

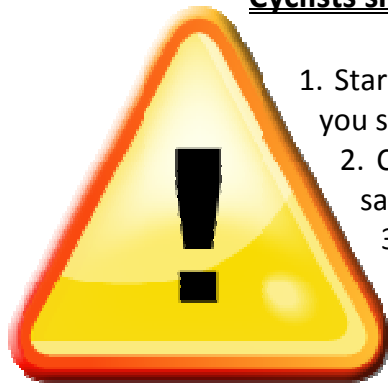
1. Obey all traffic signals and traffic lights
2. Keep both hands on the handlebars unless you are signaling
3. Ride just far enough from the kerb to avoid drains and gutters
4. When riding with others, ride in single file on busy or narrow roads and on cycle tracks
5. Use cycle lanes and tracks whenever possible

When cycling you should NEVER:

1. Ride more than two abreast
2. Ride close up behind or hold on to another vehicle
3. Wear a personal stereo
4. Wear clothing that could get entangled in your wheels or chain
5. Cycle on pavements or footpaths



Cyclists should take EXTRA CARE when ...



1. Starting, stopping or turning right or left. Before making any manoeuvre you should always look behind and if necessary signal
2. Crossing major roads. Take extra care and be prepared to wait for a safe gap in the traffic
3. Turning at junctions – look out for pedestrians who are crossing the road and give way to them
4. Turning right – moving to the middle of the road may be difficult and dangerous. It is often safer to stop on the left hand side and wait for a safe gap in the traffic before walking with your bike across the road

5. Passing parked cars and overtaking – only do so when you are certain it is safe
6. At roundabouts, which can be particularly difficult and dangerous for them. Always give way to traffic coming from your right. If you are unsure about your road position always get off and walk
7. On rural roads where hedges and bends restrict vision

In addition ...

1. Remember that the event is **NOT A RACE**. Stop for a break when you feel tired
2. The use of a high-factor protective sun cream is recommended