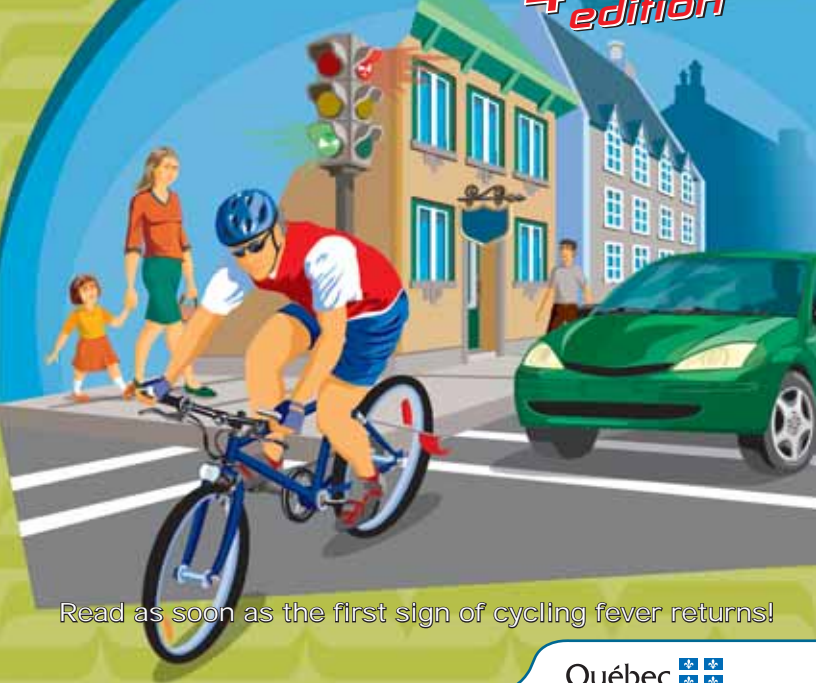


Safe Cycling Guide

4th
edition



Read as soon as the first sign of cycling fever returns!

For more information, go to www.saaq.gouv.qc.ca under Prevention. For questions regarding road signs, traffic signals and cycling facilities, go to www.mtq.gouv.qc.ca.

Québec 

Produced by:
– Société de l'assurance automobile du Québec
– Ministère des Transports du Québec

Before Setting Out

A well-maintained bicycle

...is key!



Check tire pressure

Check that the chain does not slip

Check the brakes

Choose the frame to fit the rider's height

To check if the height is correct, the rider should stand astride the bicycle above the crossbar with both feet flat on the ground. There should be a clearance of at least 2 cm between the crotch and crossbar. The seat should be parallel to the ground. To adjust it correctly, the rider's leg should be completely extended when the heel is on the pedal. The handlebars should be set to the same level as the seat or slightly lower.

Bike frames that are too large create a loss of balance and cause accidents, especially in children.



Check lights and reflectors

- 1 Rear red reflector
- 2 Red reflector on rear wheel spokes
- 3 Front white reflector
- 4 Amber pedal reflectors
- 5 Yellow reflector on front wheel spokes



Obey the Code, of course!

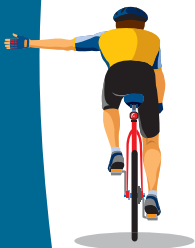
Québec's Highway Safety Code

requires cyclists to:



Signal their intentions

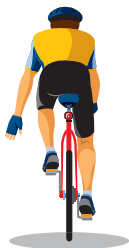
...over a reasonable distance
so motorists can see them.



Left
turn



Right turn



Slowing
or stop



Use the bike lane where the roadway includes one



Ride in single file when travelling in a group

... no more than 15 riders are allowed.



Ride astride the bicycle and keep hold of the handlebars

...the road is not a place for acrobatics!



Ride with the flow of traffic

... on the far right side of the road.



Important ***The Code prohibits:***

- riding on expressways or access ramps
- riding against the flow of traffic
- riding on the sidewalk
- riding with earphones or headsets
- carrying a passenger, unless the bicycle is equipped with a fixed seat for this purpose
- riding between two lanes of moving vehicles
- drinking alcohol while riding a bicycle
- riding a bicycle with a faulty brake system.

Electric bicycles are now allowed!

To ensure the safety of road users, there are special rules for bicycles operating with an electric motor.

The rider must :

- wear a bicycle helmet
- be at least 14 years of age

Between the ages of 14 and 17, the rider must hold a licence authorizing use of at least a moped.

Riders age 18 or over do not require a licence.

Equipment on an electric bicycle must comply with Highway Safety Code requirements, reflectors in particular. Unlike a traditional cyclist, the rider of an electric bicycle is not required to use bicycle lanes.

Sharing the road

Different types of bicycle lanes

Cyclists in Québec are allowed to ride on any type of road, except expressways. For their safety, four different types of bicycle lanes have been designated for use:



Paved shoulders

In rural areas, paved shoulders allow cyclists to share the road with other users. On paved shoulders, cyclists ride with the flow of traffic.



Bicycle lanes

Bicycle lanes are in urban areas along the edge of a roadway. Road signs, traffic signals and road markings indicate that these lanes are reserved exclusively for cyclists.



Designated roadways

Designated roadways allow cyclists to ride on streets and roadways where there is little traffic. There is no corridor reserved for cyclists, but they are controlled using road signs. A bicycle outline is also painted on the roadway.



Bicycle paths

Bicycle paths are lanes designed for cyclists and are generally located away from automobile traffic or separated from traffic by a physical barrier.



Road signs and traffic signals!



LES ENFANTS
DE MOINS DE
12 ANS
DOIVENT ETRE
ACCOMPAGNES
D'UN ADULTE

- Children under 12 must be accompanied by an adult on a road where the speed limit is 50 km/h or over.



- The rider must get off a bicycle for safety reasons.



- Bicycle crossing.



- Steep slope that is dangerous for cyclists.



- You are cycling on the Route verte.



- There is a parking lot near a bicycle lane.



- Period during which the bicycle lane is not maintained.



- Public service nearby (in this case, an air pump).

- Business service nearby (in this case, a mechanical shop).

Like any other road user, cyclists have to obey road signs and traffic signals. In fact, specific signs and signals have been developed for bicycle lanes. The following are a few examples:



- Parking a bicycle at this location is prohibited.



- Temporary detour due to work on the bicycle lane.



Traffic signals for cyclists are placed alongside bicycle lanes.




Cyclists must respect a pedestrian light.

IMPORTANT: Where this sign is not posted, cyclists must obey traffic lights for vehicles and cannot use a pedestrian signal unless they get off their bicycle.



These symbols painted on the roadway indicate that a lane is reserved for cyclists.

Come out of the shadows

 **Did you know that 29% of fatal accidents involving cyclists occur just after dusk?** That's why a cyclist who rides at night must have a white headlight and a red light at the rear to ride, as well as reflectors. Dealers are required to equip any bicycle rented or sold with eight mandatory reflectors.

 **Brighter is better!**
Wearing bright colours and reflective clothing enables motorists to see cyclists from further away.



Wearing a helmet



For a number of years now, research has demonstrated the importance of wearing a helmet to prevent serious injury. Head injuries are the cause of death in 60% of biking accidents. If you fall, this part of the body is the most exposed to serious injury. In an accident, the force of the impact is distributed over the surface of the helmet, rather than on the head. That's why it's important to have a good helmet.



The perfect fit

Try on the helmet to ensure that the weight, padding and adjustment straps are right. The front and back straps of a properly adjusted helmet come together under the ear and the chin strap is not too tight.

Check that the helmet fits snugly. It should remain in position and not slide forward over the forehead or down the back of the neck.

When buying a bicycle helmet, look for one that has the following stickers on the inside: CSA, CPSC, ASTM, CEN or SNELL. They are a guarantee of durability and proof that the helmet meets performance standards.

Watch out for



- the doors of a stationary vehicle
- spaces between parked vehicles (ride in a straight line so motorists can see you)
- vehicles coming out of driveways
- transit buses (never try to pass them on the right).



Kids and bicycle safety

Learning to ride a bike is a big moment in children's lives. Bike riding gives kids their first taste of freedom and independence, while developing their reflexes and giving them some good exercise.

Give your children support while they are learning:

- Go for bike rides with them so you can keep an eye on them.
- Practice stopping and turning to help them learn how to deal with unexpected situations.
- Make sure they understand the importance of performing a shoulder check every time they want to change directions.

Children under age 9 should always be accompanied by an adult. The majority of children in this age group have not yet acquired the skills necessary to ride their bikes safely.

For more details about what your children need to learn before using their bikes on the roadways, so that they avoid finding themselves in a difficult situation, see our Web site at www.saaq.gouv.qc.ca/prevention/velo.

Important: Under the Highway Safety Code, children under 12 must be accompanied by an adult on a road where the speed limit is 50 km/h or over, unless they are on a bicycle path.

ENJOY THE RIDE!

On a bike or in a car, we obey the Highway Safety Code

Offence	Penalty
Failure to stop at a red light or stop sign	\$15 to \$30 + 3 demerit points
Failing to yield the right of way at an intersection to users who have priority	\$15 to \$30 + 3 demerit points
Failing to use the bicycle lane on a public road	\$15 to \$30
Riding on a sidewalk	\$15 to \$30
Failing to hold onto the handlebars	\$15 to \$30
Turning right at a red light where signs prohibit it	\$15 to \$30 + 3 demerit points
Riding two on a bicycle without a fixed seat for the purpose	\$15 to \$30
Failure to obey a road sign or traffic light	\$15 to \$30
Drinking alcohol while riding	\$15 to \$30
Failing to ride in single file	\$15 to \$30
Failure to signal one's intentions (stop and turn)	\$15 to \$30
Riding against the flow of traffic	\$15 to \$30
Riding on the roadway other than the far right	\$15 to \$30
Riding with earphones or a headset	\$30 to \$60