

Cyclist Safety Tips

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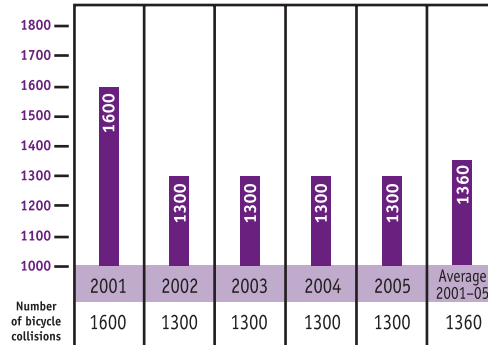
Trends

2005 cyclists' collisions in B.C.

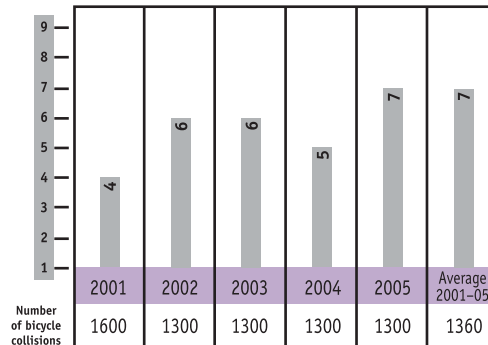
- A bicycle collision is reportable in British Columbia if it results in injury or death. At least one motor vehicle must be involved.
- Statistics show that five-out-of-seven* cyclists killed during 2005 were not wearing helmets.
- Males represent about 70** per cent of injured cyclists in cyclist-related collisions in 2005.
- In 2005, more than half of all bicycle collisions took place at intersections.*
- Cyclists' top contributing factors to collisions in 2005 (these all apply to the bicycle driver):*
 - Driver inattentive
 - Failing to yield right of way
 - Driver error/confusion
 - Driving on wrong side of road
 - Ignoring traffic control device

* Police-reported incidents ** ICBC-reported incidents

Number of cyclists injured



Number of cyclists killed



2005 fatality count is not fixed. Fatality data continues to settle over time.

Proper helmets are important

Hockey or other types of sports helmets are not legal for cycling since they're designed for other impacts.

In BC, cyclists are required by law to wear an approved helmet. Look for stickers that say CSA, ANSI, ASTM, SNELL standards.

Make sure you position a helmet correctly. Every year, more than 100 Canadians die and thousands are seriously injured in bike crashes. Head injuries account for half of that total and it can happen to anyone.



Wrong



Correct



Wrong

Mirrors

Mirrors allow you to see traffic coming from behind and to keep an eye on a riding partner without turning around.

A mirror *does not* and *should not* replace the need to shoulder check.

Transporting bicycles

Remember, when using a rack to transport bicycles, protruding racks and bicycles can pose a hazard to pedestrians and other road users.

Make sure you:

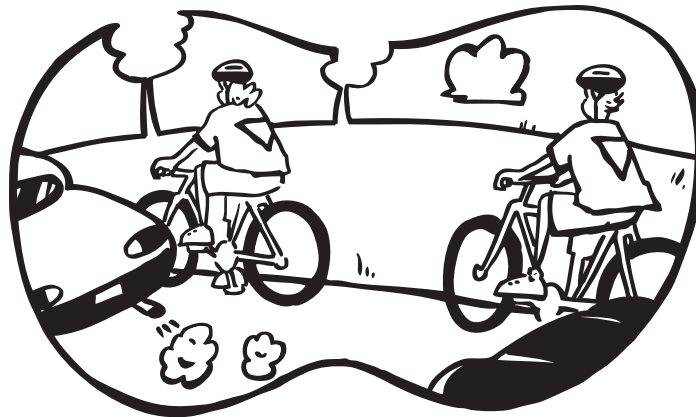
- Use high-visibility flags or markers on transported bicycles.
- When racks are not in use, store them safely inside your vehicle.

Cycling safety tips

- Always wear a bicycle helmet — it's the law in B.C. Position it flat on the head, not slanting forward or back. Fasten the chinstrap to fit snugly.
- Stop and look all directions before cycling out of an intersection, driveway or lane.
- Keep to the right-hand side of the road as much as it is safe to do so.
- Ride single file — it's the law in B.C.
- Keep a straight line. Do not weave in and out of parked cars, obstacles, etc.
- Never ride your bike on the left-hand side of the road while facing traffic. A bicycle is a vehicle; cyclists need to cycle on the right-hand side of the road.
- It is against the law to carry passengers on a bike with one seat.
- Shoulder check before signalling to turn, change lanes, move in and out of traffic or stop.
- Keep both hands on the handlebars unless signalling.
- Obey all traffic signs and signals and rules of the road.



- Yield the right of way to pedestrians.
- When passing other cyclists, look behind for approaching traffic and use a bell, horn or voice to indicate you are about to pass.
- Walk your bike over rough spots (gravel, ruts, rocks, and potholes) and over cattle guards, crosswalks, and on sidewalks.
- Railroad tracks are uncomfortable to cross. To safely cross, use caution and angle your bike over the tracks, rather than riding over them straight on.
- Have all equipment operating properly. Carry a tool kit and pump.
- Check brake pads and brake cables and perform regular maintenance.
- Use good tires inflated to the recommended pressure stated on the sidewall of the tire.



This publication reflects the laws in British Columbia as of June 2007. You should be aware that laws might change from time to time, so for a current statement of the law, you should refer to the applicable legislation. In the case of any conflict between this publication and the legislation, you should always follow the legislation.

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