

Why Cycle in Southampton?

Cycling is the most cost effective way to get about Southampton, as it gets you across town quicker than other transport in rush hour; it is better for the environment; reduces pollution; saves money on petrol, fares and parking fees; increases your health and fitness; and you get to meet new friends on the way.

What does Southampton Cycling Campaign do?

- We meet with Southampton City planners to discuss infrastructure.
- We lobby Councillors and MPs.
- We alert authorities to problem situations (poor road surfaces, cycle tracks, junctions & signage).
- We organise cycling events, rides, and training
- We promote safe cycling practise

When and where do we meet?

19.30 Every 2nd Monday of the month (except Aug)
St Denys Community Centre, Priory Road, Southampton, SO17 2JZ
Social Meetings usually once a month
Bike rides for all on Sundays (see our website for more details)

Useful Links

Visit the Southampton Cycling Campaign website for up to date information

Web: www.southamptoncyclingcampaign.org.uk

Facebook: @SotonCycling

Email: membership@southamptoncyclingcampaign.org.uk

Group rides

www.southamptoncyclingcampaign.org.uk/rides

www.goskyride.com/southampton

If you are unsure about any of the information in the cyclists code, then seek advice from a more experienced rider or a trained Bikeability instructor.

Bikeability Tuition in Southampton

www.soundcycling.co.uk

www.cyclewisesouthampton.co.uk



Southampton Cyclists' Code



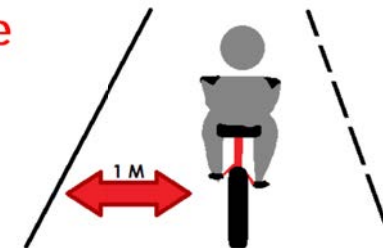
created by

Southampton Cycling Campaign
Your Voice for Cycling in Southampton

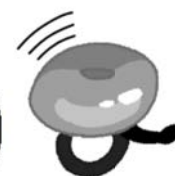
Cycling is a fun, healthy and inexpensive way to get around. These guidelines will help you enjoy your journey around Southampton more safely.

Be Confident and Assertive

- Cyclists have the same right to use the road as motor vehicles.
- Ride clear of the kerb and parked cars so you can be safely seen by other road users.
- One metre is a good distance.
- Use primary road position when appropriate.
- You can also go on an organised ride with more experienced cyclists at Southampton Cycling Campaign.



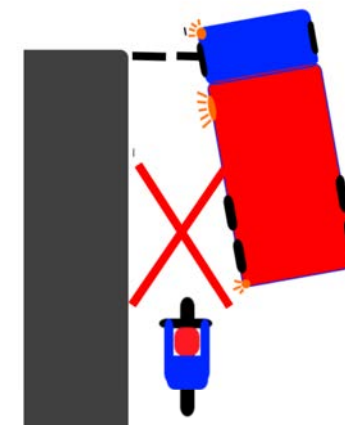
Be Clear and Predictable



- Show other road users your intentions using clear hand signals.
- Make eye contact with other road users.
- Maintain a straight line except in an emergency.
- Use your bell to warn people of your presence.

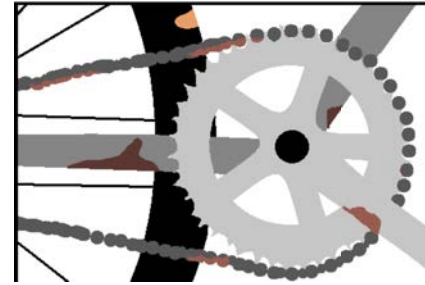
Be Aware of Hazards

- Cycling is great fun, but you need to be aware of potential hazards.
- Be extra cautious at junctions.
- **Never** undertake a large vehicle on a corner.
- Watch for potholes; car doors opening; rubbish; grates and pedestrians stepping into the road.
- Take extra care in wet, icy and slippery conditions. Take bends more slowly and give yourself extra room to stop.



Be Courteous And Patient

- Slow down near parked or stationary vehicles, passing slowly only when safe to do so.
- If another's actions cause you alarm, you can politely explain this to them when safe to do so.
- If another road user has been helpful or courteous to you, wave or give the thumbs up to acknowledge this.



Be Kind to Your Bike

- Regularly check your brakes, tyres, chain and lights.
- Learning how to maintain your bike and servicing it regularly will make you safer and help you enjoy your cycling.
- If you need advice then come along to a Bike Doctor session.

Slow Down

Be Considerate

- On shared paths keep to a reasonable speed and pass pedestrians at arms length.
- When cycling in parks slow down, particularly around children and animals.
- Jumping red lights and riding on pedestrian-only pavements is against the law and unfairly gives all cyclists a bad name.

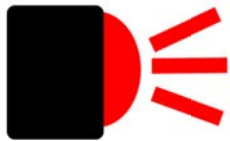
Be Alert

- Cycling is fun because it uses all of your senses.
- Stay alert to potential dangers.
- Don't use your phone when cycling.
- Don't listen to music using headphones when cycling.



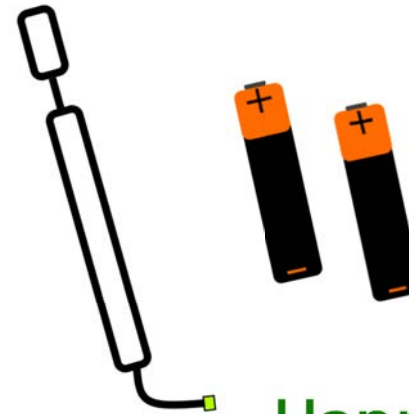
Be Stable

- Adjust your saddle to allow you to pedal efficiently but still reach the ground safely.
- Carry loads sensibly.
- Bags dangling from handlebars or under your arm can make you unstable, and cause an accident.
- A rack with panniers, a basket or a rucksack are better options.
- Do not carry passengers unless your bike was designed to do so.



Be Seen

- Wearing bright, light coloured or hi-vis clothing improves your visibility during the daytime and the evening.
- Wearing reflective clothing, adding reflectors to your bag, wheels and frame improves your visibility at night.
- By law you must use lights after dark.



Be Prepared

- Cycling is similar to walking, if you expect poor weather then wear or carry the correct clothing.
- Carry warm or wet weather clothing.
- Carry spare batteries for lights.
- Carry spare inner tubes, a pump and tools for changing them.
- Use a Sold Secure approved bike lock.
- Plan your route in advance.

Happy Cycling !