

On the road again - Transcript

If you're heading back out on your cycle again, here are a few things to bear in mind.

If there is a red light you must stop for your own safety as well as other road users around you. Road space is shared with various users who all have a responsibility to follow the rules of the road to keep one another safe. Advanced Stop Lines – or ASLs – allow you to wait ahead of the other traffic when the lights are red. These types of junctions give cyclists a head start over motorists. However, if you use a cycle with a lower riding position or have a trailer, it may be harder for you or your trailer to be seen when directly in front of a vehicle. Some people use safety flags to help with visibility to other road users.

Some junctions will also have dedicated traffic lights for cyclists, who either receive a green signal ahead of other traffic or are held while general traffic proceeds. Segregated lanes also allow cyclists to enter a junction before other road users. Cyclists can use a protected lane to turn left without waiting for other road users' lights to change to green.

Junctions can be busy, sometimes complex areas of our roads. It's important to consider what other people might do.

As you approach a junction, if other road users are present, signal your intention clearly, taking the appropriate road position for the type of cycle you're riding and try to make eye contact

Be aware of who has priority and ensure other road users have seen your signal before you move

You should give way to pedestrians crossing or waiting to cross the road at a junction. Pedestrians also have priority when on a zebra crossing, on a parallel crossing or at traffic light-controlled crossings when they have a green signal.

Proceed and remember to make regular observations as you ride along

Take care when using an electric cycle, as they can gather speed quickly. When cycling downhill, apply the brakes gently to maintain a safe speed and distance from other vehicles

When using roundabouts:

Judge when to change lanes (if necessary) based on the speed of the traffic and how close you are to exiting the roundabout

Maintain a central, assertive position in your lane

Make regular observations and communicate using eye contact and arm signals

Make sure you take the appropriate road position for the direction you want to travel. Approach the roundabout in the centre of your lane, remain in this position as you travel around it and make your exit. For a multi-lane approach, take the left lane for straight ahead or turning left; right lane for turning right.

Cycling assertively will help you communicate your intentions clearly to other road users.

Scan ahead and behind before changing cycling positions and when approaching junctions

Take as much space as you need to prevent dangerous overtaking when sharing the road with others

Select and maintain a suitable road position appropriate for the type of cycle you're riding – remember, if you're riding a wider cycle or are pulling a trailer, it's advisable to ride in the middle of the lane

You should take particular care around large vehicles, such as buses and HGVs, and avoid cycling or waiting in drivers' blind spots. There are blind spots at the front of vehicles as well as the sides and rear. This advice applies to all cyclists, but remember, if you are using a cycle with a lower riding position, for example on a handcycle or recumbent cycle, or pulling a trailer, it may be harder for a driver to see you or your trailer. The drivers of these vehicles may not be able to see you clearly, so stay well back behind them. When a large vehicle passes by or pulls up next to you whilst cycling, use your brakes to drop behind the vehicle.

Some of the riskiest positions to be in on the road are cycling up the right hand side of a vehicle indicating right or left hand side of any large vehicle, particularly one stopped at a junction. Try and avoid these situations in general by either hanging back where needed or proceeding with caution to avoid these situations. Try to make eye contact with drivers so you're sure that they have seen you either directly or through their mirrors. Do not assume you have been seen and proceed with caution.

Be prepared to reduce your speed for vehicles ahead, for example buses that may turn, stop or move off quickly. Consider whether to wait or pass large vehicles that have pulled in ahead, bearing in mind that they may move off again quickly. Be aware of pedestrians that may be crossing the road or Cycleway to and from a bus. Where possible, give priority to buses when they pull away from stops. Decide whether to continue passing large vehicles that begin to move off or to drop in behind them.