



Cycle Safety

Staying safe on the road is important for all road users, however cyclists are more vulnerable because they have less protection than other motorists.

The Road Safety Centre offers free road safety sessions to all road users, anywhere in the state.

Bicycle Safety

Bicycle safety is an important part of riding a bicycle for all ages. Here are some simple tips to help keep you safe:

- make sure your bicycle is in good working order by checking that your brakes work, your tyres are inflated correctly and your warning device works
- wear brightly coloured clothing so you can be easily seen
- make sure loose clothing and shoelaces are tucked away so they don't get caught in your bike chain
- wear an approved helmet that is fitted correctly on your head.

Road Rules

Bicycles are classified as vehicles and cyclists must obey all road rules including, but not limited to:

- wearing an approved bicycle helmet
- at night and in hazardous weather having a white light that is clearly visible at least 200 metres from the front; a red light that is clearly visible at least 200 metres from the rear; and a red reflector that is clearly visible at least 50 metres from the rear
- keeping as close as reasonably practicable to the left side of the road
- not causing a traffic hazard
- not riding on a road or a path where a no bicycle sign applies
- using hand signals when preparing to turn, diverge and/or change lanes to the right
- riding on a seat designed for riding a bicycle and facing forward
- not carrying more passengers than the bicycle is designed or equipped to carry
- riding with at least one hand on the handlebars and maintaining proper control
- not being towed or holding on to a moving vehicle
- not leading an animal on a leash or other leading device
- not riding within two metres of the back of a moving vehicle for more than 200 metres
- having a working warning device within easy reach
- not riding beside another bicycle rider more than 1.5 metres apart and not riding more than two abreast

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- obeying road signs, road markings and speed limits
- not using a mobile phone
- not riding under the influence of intoxicating liquor and/or a drug as to be incapable of exercising effective control.

Riding on Paths

Cyclists of all ages are permitted to ride on paths unless a no bicycle sign applies. When riding on paths remember to Cycle Safe and S.M.I.L.E.

- Slow down
- Move to the left
- Indicate your intentions
- Look out for other road users
- Exercise courtesy

The SA Police Road Safety Centre is a leader in road safety education, playing a vital role in reducing road trauma through enhancing the awareness, knowledge and skills of all road users through lifelong learning. For more information on our range of programs visit www.police.sa.gov.au/road-safety or use the QR code below to take you straight to SAPOL's road safety page. To book a FREE road safety session email SAPOL.RoadSafetySection@police.sa.gov.au



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