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Beginner lessons for Cycling Safety

Stay Safe and Enjoy Cycling: Essential Tips for Beginners

DEFINITION

> Cycling safety involves practices that protect riders from accidents and injuries while cycling. Understanding these principles is crucial for a safe and enjoyable biking experience.

KEY CONCEPTS

Wear a Helmet

Always wear a properly fitted helmet to protect your head in case of falls.

Follow Traffic Rules

Cyclists must obey all traffic signals and signs, just like motor vehicles.

Use Hand Signals

Communicate your intentions to other road users by using hand signals for turning and stopping.

Be Visible

Wear bright clothing and use lights or reflectors to increase visibility, especially at night.

Check Your Bike

Regularly inspect your bike for proper tire pressure, brakes, and chain condition before riding.

EXAMPLES

→ Always signal left when turning left.

→ Wear a reflective vest during evening rides.

→ Check brakes before every ride.

MEMORY TIPS

★ Remember 'HATS' for safety: Helmet, Alertness, Traffic rules, Signals.

★ Use the acronym 'BICEP' for bike checks: Brakes, Inflation, Chain, Equipment, Pedals.

★ Think 'BRIGHT' for visibility: Bright colors, Reflectors, In front, Gear, and Tail lights.

COMMON MISTAKES

✗ Neglecting to wear a helmet.

✗ Ignoring traffic signals.

✗ Riding at night without lights.

QUICK RECAP

Cycling safety is vital for preventing accidents. Always wear a helmet, follow traffic rules, and ensure your bike is in good condition. Remember to signal your intentions and stay visible to others.