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## RESPONSIBLE CYCLING

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Springwood Bushwalking Club offers many cycling trips for members. Having fun safely is paramount. Whilst it goes without saying that riders obey road rules this document provides advice for SBC members involved in cycling activities:

- In National Parks and reserves.
- On roads and urban bike paths.

### GENERAL ADVICE

#### Preparation and Equipment:

- Ensure your bike is safe and well maintained
- A helmet must be worn by all cyclists using public roads and is strongly advised for any form of riding.
- Clothing should be appropriate for the conditions but generally bright, with even a “fluorescent” vest for good visibility to other road users.
- Use sunscreen if exposed through warmer months and around the middle of the day. Carry adequate water and snacks.
- Learn the operation of and carry a tyre pump. Carry a spare tube and even a tube repair kit with patches and tube cement in useable condition. Carry other tools and spares – while others may help do not rely on being with them or having them supply your needs.
- Carry a first aid kit with particular attention to possible grazes and even fractures from bike falls.
- A mobile phone may be very useful but is not always dependable.
- Carry a personal locator beacon in more remote areas.
- Many cyclists have found a mirror an essential safety item once they have become used to using it. It is very useful to warn of approaching vehicles and cyclists closely following. Consider getting a mirror..
- Bicycles must carry a good rear reflector, good effective brakes, and if riding in darker conditions, fog etc must also carry and use a forward facing white light and rear facing red light. These are usually more effective when flashing.
- Also consider carrying emergency contact information and a list of important medical conditions, medications, allergies etc that would be very useful in the case of a serious crash or medical emergency.

#### Riding:

- Ride carefully, keeping to the left and watch out for oncoming vehicles, other cyclists and pedestrians. Obey all road rules and give hand signals.
- Ride single file and spread out if using a busier road with fast-moving and continuous traffic.
- Use your bell when approaching pedestrians and at blind corners.

- Saying “slowing” or “stopping” loudly will assist cyclists behind you and avoid a collision. Do not ride too close behind another cyclist – some stops or deviations can be fast and necessary without warning. Remember - the rear rider is more likely to fall in rear shunt bike to bike accidents.
- When passing other riders say “passing” loudly to avoid a collision. Pass only when safe.
- Alert other riders ASAP if you have a problem and don’t leave the group without informing the leader.

## **CYCLING OFF-ROAD IN NATIONAL PARKS AND RESERVES**

This document incorporates advice from the NSW National Parks and Wildlife Service.

Many National Parks and reserves offer extensive networks of suitable roads, vehicle tracks, and management or fire trails which are suitable for cycling. However, cycling is generally prohibited on all walking tracks unless a sign indicates otherwise. Cycling is also generally prohibited in water catchment areas.

Mountain bike riding may involve a high degree of personal risk and should be undertaken with care and regard for the riding conditions at all times.

When cycling in parks or reserves, keep the following points in mind:

- Use wider tyres with good grip to distribute the load and reduce the depth of penetration of softer surfaces.
- Be ready to quickly change gears and leave extra space between you and riders in front – in case they miss a gear change or have to suddenly slow
- Be careful on slippery surfaces and dry sand.
- Don't skid, as it can remove the surface layer of a track and cause erosion. Skidding the front wheel on slippery or soft surfaces is dangerous
- Preferably avoid riding in the wet - your tyres will carve tracks in the mud that channel water, also causing erosion.
- Walk if you are not confident on steep or difficult surfaces.
- If there are puddles on the trail, please ride through; if you go around them it only widens the trail.
- Don't take shortcuts or form new trails, as this destroys native vegetation and causes erosion.

### **Respect the Environment**

- Leave everything as you find it.
- Don't disturb historic places, Aboriginal sites, plants, animals or bush rock.
- Take all your rubbish home with you.
- Keep your bike clean - it'll last longer and will be less likely to carry weeds and plant diseases into native bushland.
- If you come across other cyclists who are not respecting the park or are disturbing others, politely explain that cycling can only continue to be acceptable in bushland areas if riders follow this code.

### **Look Out for Others**

- Walkers and joggers have just as much right to be on park trails as you. Try to cycle in small groups to prevent too much disturbance to others.

- When approaching walkers or other cyclists, give plenty of warning by calling out or ringing your bell. On popular tracks it may be appropriate to ring your bell prior to approaching blind corners. Let approaching groups know how many in your party are behind you. Say thankyou to those who make room for you.
- Be particularly careful when riding in areas with high pedestrian activity. Even if you are on a bike path, pedestrians may not be paying attention and can change course erratically.
- Slow right down and only pass when it's safe.

### **Watch for Horseriders**

- When you meet horse riders, slow down and tell them you're approaching (don't use a bell or horn), then move over and allow them to pass.
- A horse can be frightened by a bicycle, endangering both its rider and you.

### **More Information**

For information about parks and reserves with roads or trails suitable for cycling visit:

<http://www.environment.nsw.gov.au/nationalparks/cycling.aspx>

## **RIDING ON ROADS AND URBAN BIKE PATHS**

Apart from the general advice given above, the following apply to cyclists riding in urban settings

- Ride as if you are invisible to motorists.
- Cycling on busier roads has the additional risk of being hit by a vehicle if the rider makes the wrong move, or if a motorist similarly makes a wrong move or is forced to make one. The consequences may be quite serious. The leader and party should consider the relative risk of using the busy road or alternative quieter roads. Road widths, visibility, the widths and condition of shoulders are important considerations. All members of the party should be confident and competent to ride on busier roads.
- Road bikes or hybrid bikes with narrower tyres will be more suited to the sealed surfaces.
- On roads cyclists should ride in a cycle lane if available rather than a normal vehicle lane.
- In NSW cyclists may only use paths that are marked as shared paths, and must stick to the left and give way to pedestrians. They should particularly watch out for children, animals and older pedestrians who may be less predictable.
- In NSW cyclists must dismount when using a pedestrian crossing unless marked with a green bicycle crossing light.
- On roads pay attention and scan constantly. Do not stop in motorist's blind spots at traffic lights.
- When passing cars, take particular care when passing a stationary or slow-moving car on the left. Take particular care passing parked vehicles, especially recently parked cars and scan car mirrors to see if the car is occupied to avoid a "door prize".
- Travel in single file on shoulders of busy roads and stay a safe distance behind other cyclists to avoid a sudden collision.
- Keep left when you see a car approaching from the opposite direction, just in case there is also an unnoticed vehicle about to overtake you from behind

- Take care crossing gutters and getting back onto hard surfaces from gravel or grass – the source of many a fall.

### **More Information**

<http://roadsafety.transport.nsw.gov.au/stayingsafe/bicyclists/>

<http://bicyclesafe.com/>

<https://www.groundeffect.co.nz/blogs/tech-tips/18697095-on-the-road>