

Sharing the road for Safer Journeys

Tips for cyclists on urban roads

Cycling is great fun and an excellent way to get around. Here are a few simple tips to stay safe when sharing the road.



Be prepared

Plan a safe route and check your bike before you start – brakes, tyres, chain, lights and reflectors.



Be aware

Watch for car doors opening, potholes, rubbish, grates, pedestrians and other hazards.

Be confident

Ride in a straight line, at least one metre from parked cars and take the lane when you have to. Use cycle lanes when you can.



Be considerate

Try not to hold up the flow of traffic - if necessary, pull over to allow vehicles to pass.

Be predictable

Make eye contact with other road users and signal your intentions clearly.



Be seen

Wear high visibility or brightly coloured clothing. Use front and rear lights at night, in low light and rain.

Be patient

Slow down near parked or lined up vehicles. Pass slowly and only when safe.



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Tips for motorists on urban roads

Cycling is growing in popularity for commuting and recreation. Here are a few simple tips for sharing the road.



Be aware

Watch for cyclists, especially in low light and rain, before opening car doors, and at intersections. Cyclists may be travelling faster than you expect.

Be patient

Slow down near cyclists, and if need be, wait behind them. Pass slowly and only when safe and ideally leave a space of 1.5 metres.

Be considerate

Cyclists sometimes need to use the traffic lane for their safety. Please give them time and space to move in and out of the lane.

Be predictable

Indicate your intentions in plenty of time and wait for cyclists to pass before you turn at intersections.

Be safe

Take extra care at intersections, roundabouts and driveways. Know your blind spots.

Cyclists and motorists have the same rights and responsibilities so for everyone sharing our roads - be friendly!

For more comprehensive information on safety visit the NZTA website. See the *Safety tips for cyclists and truck and bus drivers* leaflet, *The official New Zealand code for cyclists* and *The official New Zealand road code*.

