

RIDE + STRIDE SAFETY TIPS FOR CYCLING

Wear a helmet



It is important to wear a properly fitted helmet to protect your head in the event of a crash or fall

Use hand signals

Before setting off on your trip, ensure that you have the appropriate gear, including and weather-appropriate clothing.



Keep your bike in good order

If you encounter wildlife or livestock, give them plenty of space and do not approach them.



First Aid Kit

Pack a first aid kit and know how to use it in case of an emergency.



Weather Forecast

Be aware of the weather forecast and be prepared for sudden changes in conditions.



Charge your phone

Before setting off, make sure your mobile phone is fully charged and take a portable charger if you have one available



Keep your distance from parked cars

Like most of rural England, phone signal in the Oxfordshire countryside should not be relied on. Make sure you take a map.



Tell someone where you're going

Be sure to tell a friend or family member your route and the approximate time that this will take



Pack essentials

Remember to pack water and snacks.



Ride away from the gutter and side of the road

If the road is too narrow for vehicles to pass you safely, it is safer to ride towards the middle of the lane to prevent dangerous overtaking by other vehicles

