

## Road Safety – watch out

- The rules of the road have certain requirements for all cyclists
- Drivers often misjudge a cyclist's speed while turning left or right
- Drivers turning left from side streets or opening car doors after parking may not see you
- Always assume that large vehicles, such as lorries/buses, do not see you
- Cyclists should move into the middle of the traffic lane when lanes become narrow at junctions or roundabouts
- You should aim to cycle about 1m from kerbs or parked cars and 5m behind any moving car

## Did you know?

- Only **3.8% of journeys** to work, school or college are **by bike** in the County
- Nationally **23%** of workers **travel less than 4km** to their work location
- **On a bicycle** you can **travel 3 times faster** than you can **walk**, for the same amount of energy.
- If you **cycled to work** in Dublin, you'd have only an **11% chance of rain** falling on you in the morning or evening **rush hour**. The **chances of getting wet** twice in the one day **are only 1%!**
- You can avail of a **tax break** by **purchasing a bike** through your work place - see **www.bikescheme.ie**



## Bike Shops in DLR\*

**Bike Rack**, Johnstown Road T: 2840609

**Bike Shop**, Deans Grange, T: 2897096

**Cycle Surgery**, Dundrum, T: 296 1004

**Ferris Wheels Cycles**, Blackrock, T: 2883819

**Halford's**, Carrickmines, T: 2149550

**Joe Daly Cycles**, Dundrum Road, T:2981485

**Mikes Bikes**, Dún Laoghaire, T: 2842462

**Stillorgan Cycles**, Stillorgan, T: 2887318

\*The shop details are for information only

## Contact

**Traffic Section**

T: 01 2054700 E: [traffic@dlrcoco.ie](mailto:traffic@dlrcoco.ie)

## Bike Clubs

**Orwell Wheelers**, Sandyford  
[www.orwellwheelers.org](http://www.orwellwheelers.org)

**Epic MTB**, Blackrock  
[www.epicmtb.com](http://www.epicmtb.com)

**UCD Cycling Club**  
[www.ucd-cc.blogspot.com](http://www.ucd-cc.blogspot.com)

**Sorrento Cycling Club**, Dún Laoghaire, Dalkey  
[www.sorrentocyclingclub.com](http://www.sorrentocyclingclub.com)

**St. Tiernans Cycling Club**, Dundrum  
[www.sttiernanscc.com](http://www.sttiernanscc.com)

**Flow Racing**, [www.flow-racing.com](http://www.flow-racing.com)



# TRY THE BIKE!

Dún Laoghaire-Rathdown County Council

## Cultivating a Cycling Culture

Smarter Travel, Better Living



## Cycling...

... is fun and provides an opportunity to meet new people

... improves mental well being and can reduce stress

... can improve fitness levels, stamina and strength and provides an excellent workout for the heart

... can be the quickest way to get around for short trips and is a cheap form of travel

... is a sustainable form of transport

## Family cycling

- Young children do not have the required knowledge on road skills and should be accompanied by a responsible person on public roads

- Children and adults should always wear cycle helmets and high visibility clothes

- Where there are two adults, one should ride behind and one in front of children

- Child seats for bikes should comply with industry safety standards

- Parents should not take unnecessary risk when cycling with children

## Cycling tips

- Always be aware, pay attention and concentrate

- Be considerate to others, i.e. don't cycle on footpath, always stop at red lights

- Wearing a helmet will reduce the risk of serious head injury

- Make sure other road users see your movements by making clear hand signals well in advance

- Always look behind you before making a left or right turn

- Look ahead for obstacles in the road and gently steer around them

- Cycle in single file on narrow roads

- Wearing headphones and using a phone will distract you while cycling

- If you feel in danger in traffic, slow down or stop and work out a safe option

- When you brake in an emergency, keep your weight on the saddle

- Be considerate when you are parking your bike and do not block or obstruct a footpath

- Ensure you have good quality lock

- Do not tailgate large vehicles as they may not see you

## You and your bike

- Your bike must have front and rear lights at night and reflectors on the pedals

- Wear high visibility clothing while cycling

- Your bike should always be roadworthy and in good condition

- Make sure your bike has a bell and use it when needed

- Your saddle should be set such that you can touch the ground with the balls of your feet

- Regularly check your bike and tighten nuts and bolts and adjust brakes and gears as needed

- Check your tyres are correctly inflated with sufficient tread depth

- Always bring your bike pump and repair kits on your journey

- Beginner cyclists should practice on roads or in parks when they are quiet

