

# CYCLISTS

## STAY SAFE



**There has been a spate of cyclist accidents within the past few weeks. One of these cyclists has sustained life-changing disabling injuries after a collision with a car.**

- Dales roads can be quiet - but still approach every bend as if there is a car about to come around the corner, and **KEEP LEFT**.
- Check the condition of your brakes - they need to be well maintained to bring you to a complete stop on a steep hill at speed. Your **life** may depend on them.
- Know your limits and don't ride beyond your capability - some of the descents are sustained, can suddenly become narrow, and bends can unexpectedly tighten up putting you onto the wrong side of the road. Slow down if you can't see right through the corner.
- Many corners are covered with loose grit where you can lose control, risking road rash if you fall off, collisions with stone walls or other traffic.
- When riding, allow following traffic to pass you at suitable points - help avoid a build-up of driver frustration which may lead to impatient overtaking putting you at risk.
- Do not leave gel wrappers along the road.
- Wear a helmet for safety, and carry enough kit to help you deal with changing weather.
- Keep your bike, vehicle and belongings secure at all times - please don't make it easy for opportunistic criminals.

Think smart , anticipate danger,  
stay safe and  
enjoy your ride.

