



Cyclists

Bicycles are an increasingly common sight on our roads. Whether it's for leisure or commuting, cycling can boost fitness, is environmentally friendly, and is a great alternative to driving short distances. What do you need to know to keep safe on the roads?

The law requires cyclists:

- Wear an Australian Standards approved helmet. The approved bicycle helmet must be securely fitted and fastened on the rider's head.
- Have at least one effective brake on their bicycle.
- Have a bell, horn, or similar warning device in working order.
- Only carry a passenger if the bicycle has provision for that passenger. The passenger must also wear a helmet.
- Keep as close as reasonably practicable to the left side of the road, except when about to make or making a right turn, when the road is divided into lanes, or when overtaking.
- May overtake both moving and stationary vehicles on the left, except when the vehicle is turning left and indicating a left change in direction.
- Give adequate indication of any change of direction using hand signals.
- Obey traffic signals, stop signs and give way signs.
- When riding on the road, must use bike lanes when in operation. You may move out of the bicycle lane to avoid debris, potholes or to safely overtake another bicycle.
- Not ride more than two abreast. In a bicycle lane, only ride two abreast if there's room within the lane. On roads without bicycle lanes, you can also ride two abreast but not more than 1.5m apart.
- When riding on the footpath – now permitted for cyclists of any age – give way to and alert pedestrians when approaching, keep left and ride at a safe pace.
- When riding at night or in bad weather conditions, must have:
 - A flashing or steady white light at the front of the bicycle that is clearly visible at least 200m from the front of the bicycle.
 - A flashing or steady red light at the rear of the bicycle that is clearly visible for at least 200m from the rear of the bicycle.
 - A red reflector at the rear of the bicycle that is clearly visible for at least 50m from the rear of the bicycle when light is projected onto it by a vehicle's headlight on low beam.

A lack of knowledge about road rules and responsibilities can sometimes create conflict between cyclists and motorists. It's possible to share the road safely if all parties show some courtesy and follow these simple rules.



What else can you do to stay safe when cycling?

Make sure any lights attached to the bike are aimed towards the road so they don't dazzle oncoming motorists, especially LED units which can be very bright.

- Wear light-coloured or fluorescent clothing whenever you ride.
- At night, wear reflective clothing and/or accessories (e.g. belt, arm or ankle bands).
- On narrow roads consider riding single file for safety and the convenience of others.
- Ensure your bicycle is well maintained. Make sure the seat, handlebars and chain are adjusted and set correctly. Check the tyres are not worn and are correctly inflated as well.
- While motorists entering and leaving properties must give way to cyclists like they would pedestrians, it's important to be aware of vehicles entering and exiting driveways when riding on the footpath in case they don't give way.
- Where possible, make eye contact with drivers.

For more information, see the Department for Infrastructure and Transport publication *Cycling and the Law*.

The South Australian Road Traffic Act and The Road Traffic Regulations (including the Australian Road rules) explain the basic minimum requirements of safety equipment for bicycle riders, and define the rules and responsibilities for all road users.

This legislation can be accessed from legislation.sa.gov.au



We're here to help

Call our Road Safety team on 8202 4570
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