

Special road rules for cyclists:

Roundabouts

You are allowed to turn right from the left hand lane. When passing each exit, you must give way to any vehicle leaving the roundabout from that exit.

Transit lanes

Transit lanes are used for vehicles containing a certain number of people. These lanes may also be used by buses, taxis, hire cars, motorcycles, bicycles and emergency vehicles, regardless of the number of people in them.

Bicycle lanes

When a bicycle lane is marked on the road, cyclists must use it. These lanes are for use by bicycles, but cars may use them for not more than 50 metres to enter or leave the road at a driveway or intersection.

Bus lanes

Bus lanes are for buses, but can also be used for bicycles, motorcycles, taxis, hire cars and vehicles operated by, or under the direction of the RTA.

Bus only lanes

When the words 'Buses Only' appear on a bus lane sign, only buses are allowed to drive in these lanes.

Side by side

You are allowed to ride two abreast, but not more than 1.5 metres apart.

Footpaths

Children under 12 years of age can ride on a footpath. An adult over 18 years of age can also ride on a footpath provided they are supervising a child under 12 years old. Remember to keep left and give way to pedestrians on footpaths or shared pedestrian/bicycle paths.

Tell me more

RTA

You can visit the RTA website at www.rta.nsw.gov.au to find out more about safe cycling, cycleway maps and the road rules.

Local Government

If you contact your local council they can tell you about the cycling routes in your area and may be able to provide you with cycling maps as well as information about upcoming local cycling events.

To find the councils responsible for cycling routes in NSW, visit the Department of Local Government website www.dlg.nsw.gov.au.

131 500 Transport Infoline

You can visit the Transport Infoline website to plan your cycle/ride trip and for information on bicycle parking facilities. www.131500.com.au or call 131500.

→ For further enquiries

 www.rta.nsw.gov.au

 131 782

Roads and Traffic Authority



Safe riding

A guide to safe cycling



Cycling is a good form of door-to-door transport. It is inexpensive, non-polluting and great for health and fitness.

Tips for riding your bicycle safely

- Always wear a correctly fitted, approved bike helmet.
- Obey traffic lights and signs.
- Ride on the left side of the road.
- Give hand signals to turn left or right.
- Give way to pedestrians and other vehicles when entering and crossing a road.
- You can ride in transit lanes and bus lanes, but not in a bus only lane.
- You must use the bike lane where one is available.
- When using a footpath or shared pedestrian/bicycle path, keep to the left and give way to pedestrians.
- You must not be towed by another vehicle.
- Maintain control of your bike at all times. It's an offence to ride with both hands off the handlebars, feet off the pedals or to carry anything which prevents you from having control.



What gear do you need?

A bike!

Make sure your bike is the right size for you. Your bike must be roadworthy with working brakes and a warning device such as a bell. At night or when visibility is poor, your bike must display a white light (steady or flashing) on the front and a red light (steady or flashing) to the rear. The bike must also have a red reflector to the rear.

A helmet

It is compulsory to wear a correctly fitted, approved helmet when cycling. An approved helmet is marked with an Australian Standards sticker. The helmet must fit firmly and comfortably to protect you against head injury. Make sure you choose one that is lightweight and a bright colour so other road users can see you.

The right clothing

To make it easier for other road users to see you, wear bright clothing during the day and reflective clothing at night. If you have no reflective gear for night riding, a plain white t-shirt is the next best thing.

If you are only riding a short distance, your regular clothes will be fine but you should wear sneakers or bike shoes to protect your feet.

For longer journeys, cycling pants or regular shorts and a brightly coloured t-shirt or cycling jersey are practical and comfortable.

Don't forget sunblock and sunglasses - even on cloudy days. You may like to wear gloves to protect your hands, keep your fingers warm in winter and reduce jarring. A reflective vest will make you more visible and some will also keep you dry and block the wind.

Wet weather gear

A good waterproof jacket, waterproof pants and mudguards will also help to keep you dry from the rain.

What else?

You'll also need:

- A good lock (U-locks are generally the most secure).
- A puncture repair kit (or spare tube) and a pump.
- A water bottle.
- A backpack or pannier to carry your gear.

