



Jon's Coaching Tips

Wednesday, January 28, 2009



Jon Brittan is a very experienced cyclist. He has a lot of knowledge to impart so read his 'Tips' and take heed!

Some SAFETY tips

Reminding yourself of the following basic precautions can help to keep you safe.

Predicting: Being a responsible and safe cyclist means riding predictably and always anticipating the movement of drivers, pedestrians, other cyclists and all other road users.

Awareness: Be aware of what is going on around you and ride defensively - so if you know you are coming up to a traffic light, look past the riders in front of you in the Peloton and see if the lights are red. Look out for pedestrians at pedestrian crossings and anticipate that they are going to walk across in front of you without looking, etc, etc.

Evasive Action Be prepared to manoeuvre for safety - so when you are riding along always think about what evasive action you would need to take should there be a problem in front or next to you.

Road Hazards Be constantly alert for potential hazards in the road - certain roads are worse than others for potholes and sticks in the road, so when you are riding in these areas give yourself slightly more space from the wheel in front of you and slightly wider gap from the person next to you so that you are able to miss the objects in the road when they are called out by the person at the front of the Peloton.

Parked Cars Beware of parked cars - the car could be about to pull out into the traffic, or someone could open a door front or back, or someone could just walk around the car to the drivers door without first looking to see if the road or cycle lane is clear.

Cars entering from Driveways Watch for cars entering from driveways - most people reverse out of driveways so their vision is restricted, if you see someone reversing out of a driveway, slow down and make sure they have seen you.

Intersections Most bicycle collisions occur at intersections - be extra careful and always use hand signals, never go through a stop street without first stopping and checking in both directions that the road is clear as a car maybe coming from the other direction on the wrong side of the road if he is overtaking, and never go through a red traffic light.

Please remember that as a cyclist if you have an collision with a motor vehicle, whether you are in the right or not you will always come off second best, so please ride with care and look after yourselves.

