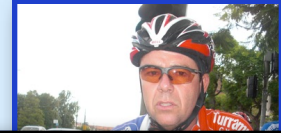


# Jon's Coaching Tips



Tuesday, February 17, 2009



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

## Being seen by other road users.

One of the biggest problems we have as cyclists is making sure that other road users see us. This is one of the major advantages of riding with a club that has different strength Pelotons that you can ride in. A Peloton of 20 riders is far more visible than 1 lone cyclist. Always presume that the other road user has not seen you until such time as you are sure that you have been spotted, just because they are looking in your general direction does not mean they have seen you.

🕒 Wearing of brightly coloured kit - one of the best ways to make sure that you are seen is to wear bright kit, most clubs have suitable bright kit, but never ride in a kit that is all one colour and definitely not in kit that is all black.

🕒 Be predictable - signal your intent to turn long time before you actually wish to turn, you do this by extending your arm in the direction you wish to turn at 90 degrees to your body left or right. If you are turning right then make sure that if it is a dual lane road that the lane you are wishing to move into is clear or the vehicle in the next lane is waiting for you to move across the lanes.

🕒 Use lights front and back when riding from dusk to dawn - I strongly recommend that when you are starting out on a morning ride, and there is poor visibility either due to the fact that it is not yet light or due to mist and fog that you put your lights on for the entire ride. The same applies in the afternoon, if you are heading out on a ride where you will be riding in the dusk, then put your lights on before you start the ride. If you are in the habit of riding on your own a lot of the time then I recommend that you purchase some small strong head lights that you can have on at all times whether night or day as this will make you far more visible to other road users.

🕒 Two abreast - we are permitted to ride two abreast and this is usually the safest way to ride as we are more visible than when we are riding in single file.

🕒 Position on the road - when riding on a road that has more than one lane you should occupy the centre of the left hand lane as this is where you will be most visible. It is far better to hold up a few motorists while they change lanes than it is to be hit by a car that has not seen you because you staying as close as you can to the left hand side, but please remember to keep out of the motorist way as much as possible and keep as close to the left hand side on single lane roads.