



Be Safe! Be Smart! Be Seen!

Most motorists, when questioned as to how they come to collide with something, have said that they didn't see the other thing be that another vehicle, an object, an animal, a pedestrian or a cyclist. So, it stands to reason, and it is supported by statistics, that being visible to other road users can help you avoid becoming a statistic yourself – a road crash statistic that is.

So, how can you increase your visibility?

You:

A commonly overlooked method of making yourself more visible to other road users is your clothing selection. Light coloured and reflective clothing should be worn when riding, particularly in inclement weather, at dusk, dawn and at night. However it is **recommended that light coloured clothing should be worn at all times when riding.**

Fluorescent colours are ideal for cycling particularly during the day. Plain bright colours, yellow, green, white and orange are best. Red should be avoided, as this makes it hard to judge distance and at night it looks dark. Select clothing that has reflective piping or strips. You can purchase reflective tape from bike shops or industrial workwear shops that you can add to your clothing to help you stand out. Reflective wristbands help convey your hand signals and reflective anklets stand out at night

Your Bike:

Another aspect to consider is your bike itself. You are required by law, when riding at night or in bad weather, to display a flashing or steady white light to the front and a flashing or steady bright red light to the rear which are visible for at least 200 metres. The bike must also have a red reflector that is visible for 50 metres to the rear. If your lights are battery powered consider carrying spare batteries as batteries do go flat, and usually at the most inopportune time. Pedal reflectors are also another great visibility aid.

The legal requirements deal with front and rear visibility but you should also think about side visibility. Wheel reflectors are particularly effective. Adding reflective tape to your bike's frame will certainly make you stand out during low light hours when it lights up under headlights and streetlights. Adhesive reflective tape is available from the bike shops and industrial supply shops.

Free Reflective Slap-band

Bicycle Wagga Wagga has produced reflective slap-bands. These are being made available to cyclists for free.

Slap your reflective slap-band on your wrist, on your ankle or on your bike. In low-light conditions this will increase your visibility to other road users. Safe cycling!