

Police have safety tips for cyclists and motorists

With the nice weather evidently here to stay for a while, more people are out on their bikes.

Caledon OPP is reminding cyclists and motorists to share the road.

In a 2012 Ministry of Transportation Report, it was estimated that 630,000 Ontarians cycle on a daily basis and approximately 2 million Ontarians ride a bike at least once a week during the spring, summer and fall. With the summer rapidly approaching, the following tips are reminders for both cyclists and motorists.

Safety tips for cyclists

? Follow the law ? it's the safest way to ride. Bicyclists have the same rights and duties as drivers and need to follow the same traffic laws.

? Be predictable ? ride in a straight line, signal turns and check behind you before turning or changing lanes.

? Come to a complete stop at every stop sign and red light.

? Ride with caution around parked cars and position yourself in the field of vision of a motorist pulling out of a parking space.

? Be conspicuous ? ride where drivers can see you, use lights and night and wear bright clothing.

? Be aware ? anticipate the next move of drivers, pedestrians and other cyclists. Watch for debris, potholes and grates.

? If you are a beginner or a returning to bicycling, seek out clubs or advocacy organizations in the community for tips on safe riding, instruction and group rides to improve your knowledge and confidence.

? Ride ready ? tires need air, brakes must work, chains should run smoothly and quick release wheel levers must be closed.

? Carry identification, cell phone, emergency cash and repair/emergency supplies.

? Wear a helmet.

Safety tips for motorists

? Respect bicyclists as legal road users with the same rights and responsibilities as motorists. Drive courteously and with tolerance.

? Obey the posted speed limit, and don't drive too fast for conditions.

??Come to a complete stop at every stop sign and red light.

? Check over your shoulder and always check your blind spot. A bicyclist could be there.

? Maintain a safe distance between your vehicle and the bicycle in front of you.

? Use low-beam headlights when driving in low-visibility conditions.

? Yield to pedestrians and bicyclists in and entering crosswalks.

??If you plan to turn right or pull into a parking space shortly ahead of a bicycle in front of you, do not pass.

? Signal all turns and lane changes 30 meters in advance.

? Pass bicyclists only if it is safe to do so. Exercise patience.

For more safety tips and information on safe cycling, check out www.sharetheroad.ca and www.walkandrollpeel.ca