

## **Cycling**

Cycling is a healthy, environmentally friendly mode of transport. The London Road Safety Council would like to see more people, cycling more often, more safely.

We endorse the National Standard 'Bikeability' training scheme and feel that cyclists of all ages benefit from this programme.

Cyclists are encouraged to wear approved cycle helmets and high visibility clothing whilst riding on the roads. Cyclists must obey the legal requirement to use correct lighting on their cycles when riding at night or in reduced visibility.

Cyclists must ride responsibly and obey the rules of the road.

Whilst there is no legal requirement for cyclists to take out collision insurance we encourage them to consider doing so.

Drivers and riders of motor vehicles should slow down and give plenty of room to cyclists and respect their right to use the road.

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