

Cycling- SafetyThe Bike

If you haven't used your bike for a while you should get it serviced before taking it out. This usually costs around £30 in local bike shops and could save you money in the long term as a well maintained bike will last you longer.

Each time you get on your bike carry out simple checks in the same way as you would if you were making the journey by car.

Starting at the front end of your bike: Do the 'M' test:

1. Check you have properly inflated front tyre
2. Check your front brake works by pressing your break whilst pushing your bike forward. It should stop suddenly.
3. Check there is no wobble in your front wheel and rear wheels
4. Check your headset and handlebars are not loose or wobbly
5. Check your Saddle is correctly adjusted at the correct height and not loose (when the peddle is at 6 o'clock with the ball of your foot flat on the peddle your leg should be bent not locked)
6. Check your frame is not damaged
7. Check your crank and front gear are shifting correctly
8. Check your rear brakes (these will not be as sudden as your front brakes) try pushing bike backwards whilst pressing.
9. Check rear tyre is properly inflated
10. Check your rear gear works correctly by turning the peddle whilst changing through the gears.



The University runs regular Bike Doctor Sessions and bike maintenance workshops throughout the year. If you are interested in attending a bike maintenance sessions especially for students please contact: Jayne Cornelius the University Travel Plan Coordinator to arrange a training session: e mail j.cornelius@swansea.ac.uk

Cycling- Safety-----And You

If you are thinking of Cycling to either the Singleton or Bay Campuses you will find a large number of cycle racks available for you to lock up your bike.

The route between Singleton Park Campus and Bay Campus is off road and is part of the National Cycle Network NCN Route 4. This is a dedicated Walking and Cycling Route so watch out for other users of the path. As it is off road it is always a good idea to Cycle in pairs or groups and to always carry a mobile phone and puncture repair kit with you. We recommend you always wear a properly fitted cycle helmet whether cycling on or off road.

Why not take advantage of the University Budi scheme which was set up to help students and staff to set up Bicycle user groups (BUGS). These are groups of likeminded people who want to travel together by bike rather than on their own. Setting up a group is easy!

It is as easy as 1, 2, 3

1. Register for FREE on www.swanseauni.liftshare.com
2. Search for a colleague going your way (click on the student button)
3. Share your journey

With the Budi scheme Cyclists and Walkers can join the scheme too by registering in the same way as a car sharer but choosing the Walk or Cycle option.

If you need help or advice in setting up a BUG then contact the University Travel Plan Coordinator who will be happy to help. E mail j.cornelius@swansea.ac.uk

When travelling around Swansea especially in the dark or in poor weather conditions it is especially important to follow some simple safety rules.

1. Know your route- take advantage of the cycle maps and information available on www.cycleswanseabay.org.uk
2. Find the free Cycle journey planner on www.cyclestreets.net
3. Get the free downloadable App : CycleStreets apps now available for iPhone, Android, Blackberry 10, Windows Phone, and mobile web (HTML5)

Register your bicycle at www.bikeregister.com.

Take advantage of the bike marking sessions run by the local police.

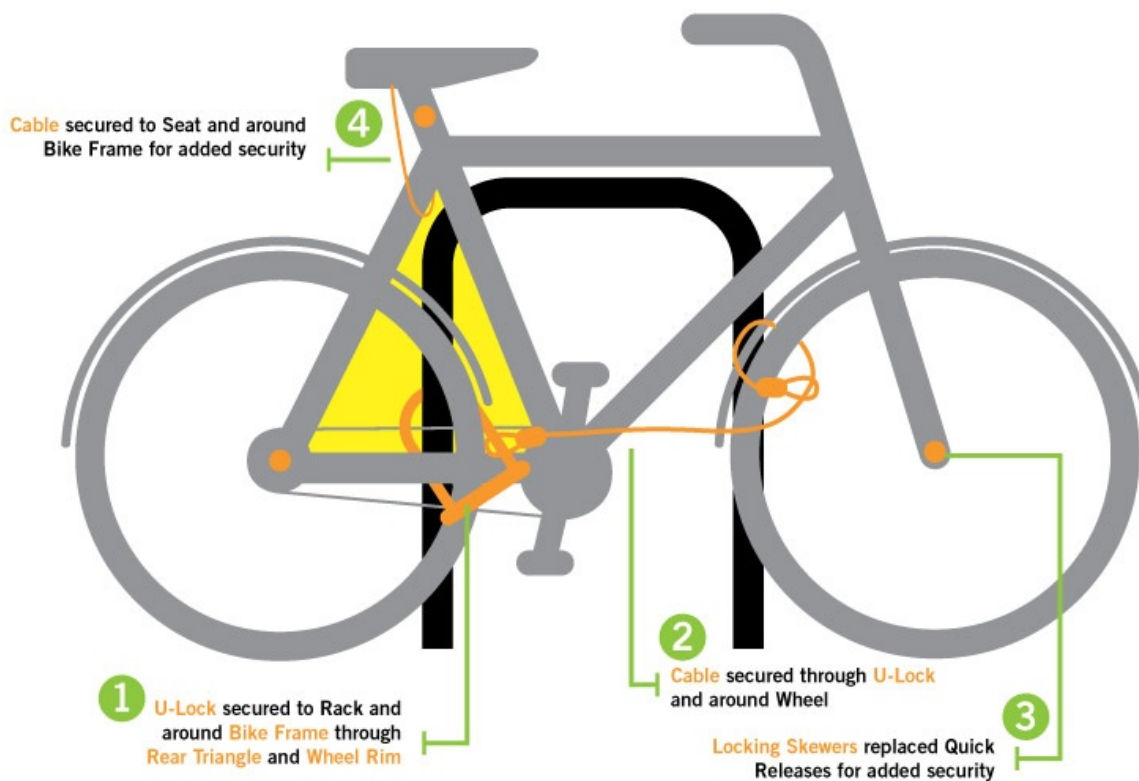
Buying a bike and riding it is just the start! Don't forget there are always others who would also like to ride your bike and without your permission. To keep your bike safe and secure and also to have a much higher chance of getting your bike back if it is stolen follow the 3 simple 'ART' of Cycling rules:

Follow the steps below to continue to enjoy riding your bike:

It is as easy as 1, 2, and 3

1. **A**lways lock your bike using the picture below as a guide to one of the numerous bike racks at the University Campuses.
2. **R**egister your bicycle at www.bikeregister.com.
3. **T**ake advantage of the bike marking sessions run by the local police.

Using the Rear Triangle



Bike security events organised by Swansea University in partnership with the local police will be advertised throughout the year.

For further information contact: Jayne Cornelius the University Travel Plan Coordinator. E mail: j.cornelius@swansea.ac.uk

Cycling- Safety At Night/in the dark

If you are making a journey after dark remember you will need to make sure that you are seen by others road and cycle path users.

It is not just sensible and safe to have lights fitted to your bike and switched on at night it's the Law

What the Law says:

For the full version of the law on cycling after dark go to:

<https://www.gov.uk/rules-for-cyclists-59-to-82>

The law states that:

Lighting – What should you have?

At night your cycle **MUST** have white front and red rear lights lit. It **MUST** also be fitted with a red rear reflector (and amber pedal reflectors, if manufactured after 1/10/85). White front reflectors and spoke reflectors will also help you to be seen. Flashing lights are permitted but it is recommended that cyclists who are riding in areas without street lighting use a steady front lamp.

Clothing- What you should wear?

- a cycle helmet which conforms to current regulations, is the correct size and securely fastened
- appropriate clothes for cycling. Avoid clothes which may get tangled in the chain, or in a wheel or may obscure your lights
- light-coloured or fluorescent clothing which helps other road users to see you in daylight and poor light
- reflective clothing and/or accessories (belt, arm or ankle bands) in the dark

Don't get caught out in winter months when visibility is poorer and it gets darker earlier.

Switch your lights on, wear reflective clothing and we recommend you wear a helmet.