

## The first few months of 2020 saw the killed and seriously injured cycling statistics for Wakefield double, compared to last year...



According to [Think!](#) the number of people choosing to cycle for fun, fitness or to get to school/work has increased by more than a quarter in the last twenty years, an incredible 3.2 billion miles are cycled on UK roads every year.

Even more people are out cycling at the moment, which is great; but sadly this has resulted in a rise in accidents within the Wakefield area. Cycling is a great way to stay fit and healthy as well as lower air pollution and congestion on the roads, but there are things you need to consider to keep yourself safe.

- Before every journey check your bike – Click on the link below to see our video on how to check your bike otherwise known as the M check.  
[https://www.youtube.com/watch?v=xB738JfAq4&feature=emb\\_title](https://www.youtube.com/watch?v=xB738JfAq4&feature=emb_title)
- Look out for yourself and others when out on your bike. Choose the safest routes you can, like designated off road cycle tracks or quieter slower roads using cycle paths where possible.
- It is recommended that cyclists of all ages and levels of experience wear a helmet.

**FACT Teenagers are less likely than other cyclists to wear a helmet, but wearing one can reduce the risk of head injury by more than 60%.**

- Consider wearing reflective or florescent clothing so other road users can see you.
- Be mindful of distractions - Mobile phones, headphones and your friends can play a big part in distracting you when you are cycling but you must make sure you give the road your full attention.
- Ride on the right side of the road with traffic.
- Obey traffic signs and signals.
- Use correct hand signals when turning or stopping.



**Know your signs** – It is really important to learn the signs of the road, here are a few that you might come across...

**Blue signs - Information**



Cycles only



Shared path



Split path

**Red edged circles - Orders**



No Cycling



No Entry

British Cycling have created a campaign called Ridesmart which was launched to help recreational cyclists improve all aspects of their riding. To watch the information videos they have created visit <https://www.britishcycling.org.uk/ridesmart>

**STAY SAFE!**