



STAFFORDSHIRE HISTORIC CHURCHES TRUST  
RIDE AND STRIDE SPONSORED EVENT

FROM THE HIGHWAY CODE  
***EXTRA RULES FOR CYCLISTS***

Please bring these rules to the attention of all  
participating cyclists!

1. Make sure your cycle is safe to ride. Your brakes, lamps and reflector must be kept in proper working order. Make sure your tyres are in good condition and are properly pumped up. It is a good idea to fit a bell to your cycle, to use it, if necessary, to warn other people on the road that you are coming.
2. Before starting to ride, always look round and make sure that it is safe to move away from the kerb. Before turning right or left, moving out to pass or pulling up at the kerb, always glance behind and make sure it is safe. Give a clear arm signal to show what you intend to do.
3. Do not ride more than two side by side. Ride in single file on busy roads. You must not ride on a footpath or pavement by the side of the road.
4. On a busy road, if you want to turn right, it is often safer to stop first on the left hand side of the road. Wait for a safe gap in the traffic before you start to turn.
5. Where there is a bus lane next to the left hand kerb for buses going in the same direction as the traffic flow, signs will show that you may use the bus lane. You must not use the other bus lanes.
6. You may if you wish follow the procedure in Rules 102-105 for roundabouts. But if, because of inexperience or for any other reason, you feel unable to do so, you should either stay in the left hand lane of the roundabout and look out particularly for vehicles crossing your path to leave the roundabout, or get off your cycle and walk.
7. Remember that you cannot be seen as easily as larger vehicles and that you should give clear arm signals to let drivers behind you know what you intend to do, especially at roundabouts and junctions.
8. When you are riding –
  - A. Always keep both feet on the pedals;
  - B. Always keep both hands on the handlebar unless you are signalling;
  - C. Do not hold on to another vehicle or another cyclist;
  - D. Do not carry a passenger unless your cycle has been built or altered to carry one;
  - E. Do not ride close behind another vehicle;
  - F. Do not carry anything which might alter your balance or become entangled with the wheels or chain;
  - G. Do not lead an animal;
  - H. Wear light coloured or reflective and fluorescent clothing.
9. If there is a suitable cycle path ride on it.

**ALWAYS REMEMBER –  
SAFETY FIRST!!**