

## SAFE CYCLING IN OXFORD

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Dear Student,

Cycling in Oxford is a very good idea (it's often the fastest way of getting round the city and research has shown that the more people cycle, the safer it becomes) but if you're not used to cycling in traffic there are some important things you need to know to keep yourself safe.

### Before you cycle in Oxford

Get the right equipment - the absolute minimums are a mechanically safe bike that fits you, front and rear lights, rear reflector and a good quality lock. Most experienced Oxford cyclists also decide, after a few near misses, to wear a helmet (if you do decide to wear one make sure it is fitted correctly) and something high-visibility and reflective, particularly at night.

Register your bike at <https://www.bikeregister.com/> – theft of bicycles is very common in Oxford. A bicycle registration number will increase the chances of your bike being returned if stolen.

Improve your urban cycling skills – see details of cycle training at <http://www.ctc.org.uk/>.

Make sure you are mentally prepared: never cycle after drinking alcohol (the same rules and limits apply for people in charge of bikes and cars); read the Highway Code (the laws about how and where you can ride a bike are more like the laws for cars than people think: see <https://www.gov.uk/rules-for-cyclists-59-to-82>).

### Whilst on your bike

When cycling, ride in a good visible position - at least a car door distance from parked cars, not weaving into gaps (you disappear). Get good eye contact with other road users to be sure that they have seen you. At junctions, either make sure you can get to the front of the traffic and be visible, or remain in your place in the queue in the centre of the lane. Get into the habit of only overtaking on the right hand side. One of the most common causes of accidents is collision with left turning vehicles. See <http://podcasts.ox.ac.uk/efficient-cycling> for an engaging podcast on how to efficiently negotiate bus and car traffic, be seen in the dark, manage the pedestrian/tourist threat, and work around other cyclists

### If things go wrong

If you are involved in an accident, make sure that you get professional help either at the John Radcliffe Hospital or from your College nurse or doctor.

To report a stolen bike contact the local Police station (Tel. 101) and also report it as stolen at <https://www.bikeregister.com/>.