

# Commuter confidence

## Cycling to work



### Build your cycle confidence

Cycling to work will help you clock up your recommended 2.5 hours of physical activity per week, arriving energised, alert and ready to start each day.

#### Be prepared

Make sure you check the weather forecast before you leave, are wearing the right clothing, and your bike is roadworthy using the [M-Check](#). Have you planned a route you are comfortable with?

If you cycle on shared paths, greenways or the NCN, please be considerate of other users - *Share, Respect, Enjoy*.

#### Be road confident

Part of your journey may be on or near a road with heavier traffic. Knowing how to signal, position yourself and use roundabouts will give you the confidence to cycle on busier roads and at peak times. Watch [Smart Commute](#) for more information.

#### - Tips for cycling on roads

- Ride where you can easily be seen, approximately a third of the way into the lane. Be aware of your surroundings, other road users and the road surface.
- Cover your brakes with both hands at all times. Braking distances vary under different weather conditions. Expect the unexpected.
- Look ahead and anticipate which gears you will need before you stop, ready to start off easily again.
- Set your pedals to the “pedal-ready” or “2 o’clock” position as soon as the bike comes to a stop. This will help you push off smoothly and quickly (see image for example).
- Be predictable. Don’t make any erratic or last-minute movements.

### Remember to...



Slow down and ring your bell to warn pedestrians you are approaching.



Look behind before you change road position, then signal and manoeuvre when safe to do so.



Obey traffic lights and signs.



Pedal ready position

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We connect people and places, create liveable neighbourhoods, transform the school run and deliver a happier, healthier commute.

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## Be road confident



### Infrastructure

Use cycle lanes, shared paths, canal or river paths, low motor traffic roads when available. Look out for signage highlighting these (see right).

### Signalling

Before turning a corner, try to make eye contact with other road users and signal clearly with your arm before turning. Be assertive and communicate what you intend to do with your signal.



With-flow bus and cycle lane



With-flow cycle lane ahead (a solid line prohibits all other vehicles)



Segregated pedal cycle and pedestrian route



No cycling



Recommended route for pedal cycles



No vehicles (except bicycles being pushed)



### Road sharing position (secondary position)

Position yourself a third of the way into the lane, roughly an arm's length from the kerbside to allow vehicles to see and safely overtake. This will help you avoid the gutter, debris and give more room to avoid potholes.

### Control position (primary position)

Cycle in the middle of the lane to control the traffic behind you e.g. to turn right, pass parked cars or change lanes. This position will make you more visible and stops people trying to overtake you. Don't worry about slowing the traffic, and move back into secondary position when safe.

### Filtering

You may see cyclists filtering through queues of traffic to advance to the front. If there is enough space to do this, you must go up to the right of the traffic - be aware of blind spots, narrowing lanes, long vehicles and changing traffic lights/traffic speed.



Secondary position



Primary position

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