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BASICS OF SAFE CYCLING AND SCOOTER RIDING



e·GREEN



TRAFFIC SIGNS AND THEIR INTERPRETATION





TRAFFIC LIGHTS

RED = STOP!

YELLOW = WAIT / CAUTION

GREEN = GO!

TRAFFIC SIGNS



STOP



GIVE WAY



TRAFFIC SIGNS



**NO BICYCLES
ALLOWED**



**NO VEHICLES
ALLOWED**



TRAFFIC SIGNS



MANDATORY CYCLE PATH



**SHARED PATH
FOR CYCLISTS
AND PEDESTRIANS**



BASIC MANEUVERS

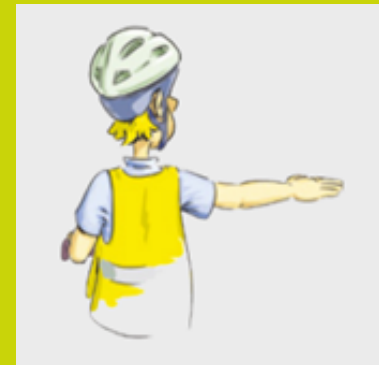
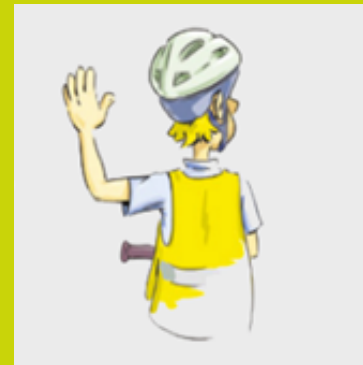
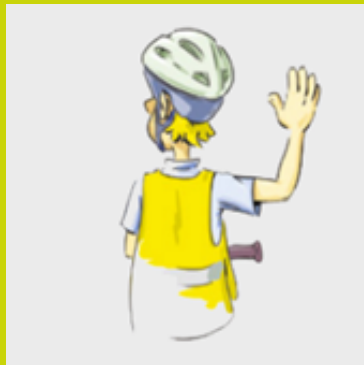
LOOK AROUND

SIGNAL

MANEUVER

TURNING LEFT

TURNING RIGHT



USING BICYCLES AND SCOOTERS IN DESIGNATED LANES



CORRECT USE OF HELMETS AND SAFETY EQUIPMENT



SAFETY

PROPERLY ADJUSTED BIKE



BICYCLE LIGHTS AND REFLECTORS



REFLECTIVE VEST, HELMET,
PROTECTIVE PADS



MAINTENANCE: ABCD CHECK

A: AIR

**MAKE SURE THE WHEELS ARE CORRECTLY INFLATED
(THE RECOMMENDED PRESSURE IS WRITTEN
ON THE SIDE OF THE WHEEL COVERS)**

**CHECK IF THE TIRES ARE IN GOOD CONDITION
(NO CRACKS OR "WORN SPOTS")**

CHECK IF THE VALVES ARE IN GOOD CONDITION AND TIGHT



B: BRAKES



**WHEN TURNING BOTH WHEELS FORWARD (ONE AFTER THE OTHER),
THE WHEEL MUST TURN AND NOT STOP FOR AT LEAST 10 SECONDS**

WHEN PRESSED, THE BRAKE LEVERS MUST NOT TOUCH THE HANDLEBARS

**BRAKE WITH THE LEFT LEVER AND TRY TO MOVE THE BIKE FORWARD.
BRAKE WITH THE RIGHT LEVER AND TRY TO MOVE THE BIKE BACKWARD.
IF IN BOTH CASES THE BIKE REMAINS STATIONARY OR THE OPPOSITE
WHEEL LIFTS, THE BRAKES ARE WORKING PROPERLY**



C: CHAIN & CRANKS

MAKE SURE YOUR CHAIN IS CLEAN, WELL LUBRICATED AND RUST FREE

**IF YOU CAN TURN THE PEDALS BACK AND THEY DON'T JAM, IT'S ALRIGHT.
IF IT GRINDS OR MAKES NOISES, SOMETHING IS WRONG.**

**MOVE THE CRANKS SIDE TO SIDE, IF THEY ARE WELL ATTACHED TO THE
AXLE, THEY WILL NOT MOVE**



D: DROP TEST

LIFT THE WHEEL ABOUT 4 FINGERS OFF THE GROUND AND LET IT FALL. THE RESULTING SOUND ALLOWS YOU TO DETECT WHETHER ANY PARTS ARE LOOSE (WHEELS, STEERING AXLE, CHAIN, ETC.).

NEXT, HOLD THE FRONT WHEEL BETWEEN YOUR LEGS AND TRY TO TURN THE HANDLEBARS WITHOUT MOVING THE WHEEL. IF IT TURNS, YOU WILL NEED TO TIGHTEN IT.

BASIC BICYCLE AND SCOOTER MAINTENANCE



PLANNING YOUR JOURNEY AND BEST ROUTES



RESPECT FOR PEDESTRIANS



ROUTE PLANNING

CONSIDER:
TRAFFIC DENSITY
ROAD CONDITIONS
POTENTIAL HAZARDS
AND WEATHER





PROJECT NUMBER: 2023-1-FR01-KA220-SCH-000153899



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