

CLOTHING

- Make sure you wear light coloured clothing - preferably luminous with reflective stripes.
- Make sure whatever you wear, can't become entangled in wheels or chains.
- Don't carry heavy bags or rucksacks, which may make you unstable.

HELMETS

Always wear a helmet, as it may help to prevent serious head injuries. Make sure it fits you and conforms to current British Standards.

ACCESSORIES

Fit a bell to warn other road users of your presence.

SAFETY ON THE ROAD

Compulsory lights - If you cycle in poor visibility or at night you must fit: - White front light - Rear red light - Red rear reflector - Amber pedal reflectors front and rear.

STAY ALERT

- Any distraction can cause an accident.
- Always show drivers what you intend to do and try to anticipate a driver's actions.
- Ride positively without making any erratic changes in direction or speed.
- Look and signal before you start, stop or turn.
- Ride well clear of the kerb and parked cars.
- Always obey the rules of the road especially stop, one way and no entry signs.

For more information visit our website:
www.cheshire.police.uk



CYCLE SECURITY



IDENTIFYING YOUR CYCLE

Most cycles have a frame number stamped on the frame, which can be registered as an identifiable mark on www.immobilise.com. In addition further identifiable marks can be added either by engraving or using a commercial marking product, this can also be recorded.

A photo of your cycle will greatly increase the chances of a cycle being recovered and can be added to the property register.

To assist police in identifying all stolen property, bringing offenders to justice and preventing someone else benefiting from your loss, register all your property including cycles on www.immobilise.com for FREE. If your bike is stolen or lost this FREE online register will inform all the UK police and registered second hand dealers that your bike is missing. Should it be offered for sale to a registered dealer or come into contact with any UK police force then a check of the system could reunite you with your stolen or lost bike.

GET A DECENT LOCK

Use rated, quality locks, for peace of mind. Consider using two different types, as thieves rarely carry the tools to break two different lock types.

Many bikes feature quick release seats

and wheels, lock them or change to permanent fixings and carry a few tools when you're not racing.

Busy racks with more people and bikes can mean safety in numbers. Secure it to a solid, unbreakable object - a cycle rack, railing or signpost. Beware of cast iron and plastic drain pipes that can be shattered and signposts where the sign can be removed and the bike lifted over the top. Use extension cables to secure valuable components such as suspension forks wheels and the saddle.

- A) Lock the cycle to an immovable object, which itself can't be broken. It's no use investing in a quality lock if the cycle can be carried away.
- B) Lock both wheels and the frame together utilising steel wire loops. Take lights panniers and accessories with you.
- C) Keep the gap between the bike and the lock small, so inserting tools is made harder.
- D) Secure the cycle keeping the lock away from the floor.
- E) Whenever possible keeps the locking barrel facing the ground to make access more difficult.

SHEDS AND GARAGES LOCKS

Keep your bike out of sight and in a secure building. If using a shed check

its security. Windows? can they be boarded over or have bars fitted? Its better if a burglar can't view inside, so cover the glass. Could a burglar remove any screws? What about coach bolting them through the door or filling the screw heads. Drilling out the screw head once fitted can work. Don't cover the door in padlocks, use strong quality, discrete mortise locks. Battery alarms alert you of an attack, better still have the shed connected to the house alarm.

Site it near your property and face the door towards the windows in the house. Remove any discarded tools, which may be used to break into your shed. Fit a dusk to dawn light, with a movement sensor floodlight, which could alert you to prowlers. Make your fences hard to climb by fitting trellis, which won't support a climber's weight and top with spiky plants.

LOCKS

D locks are harder to cut, but only if the metal is hardened steel. Chains need to be substantial, thick and made from hardened steel to provide reasonable protection. Wire locks and wire loops are lighter and offer less security. Braided wire is by far the strongest due to being harder to cut. Beware of thin wire locks covered by thick plastic sheaths to make them appear strong. You should look for locks which have been tested against attack. Check out www.soldsecure.com for certified locks.

SECURITY TIPS

LOCK YOUR BIKE EVERY TIME YOU LEAVE IT

LOCK IT TO SOMETHING SOLID

QUICK RELEASE - QUICKLY GONE

LOCK IT SOMEWHERE VISIBLE AND BUSY

TAKE EXTRA CARE IN URBAN AREAS

Ask your cycle dealer for more advice or visit your Local Policing Unit.