New to cycling? 5 essential tips



1 **The safest position on the road is often the centre of the lane.** Here you're more visible, and can see and avoid hazards earlier, such as parked cars, potholes or puddles that may be hiding potholes. When there are no hazards ahead you can ride further to the left to let faster moving vehicles pass.

2 **All vehicles, especially buses and trucks, have blind spots at the side, rear and front.** When cycling around large vehicles try to ensure you can see the driver or their mirror so that they can see you. It's safer not to cycle up the inside of a large vehicle, unless it's stationary, in case it starts to turn.

3 When waiting at a junction, **aim to be in the centre of the lane, signal clearly if turning and try to make eye contact with other road users**. And remember, you can always get off your bike and walk across.

4 In shared spaces like off-road paths, slow down and **give way to people walking and wheeling.**

5 Most collisions on Scottish roads are caused by someone failing to look properly (more often a person driving). **Look carefully for hazards ahead and at junctions**. Always check, especially over your right shoulder, before moving off or changing direction.

Learn more about essential cycling skills

Cycling Friendly™