

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. 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. Wear something which is highly visible and reflective, particularly at night. Most choose to wear a helmet, if you do make sure it is fitted correctly. If you are yet to get a bike, your bike is poorly maintained or you're not sure cycling is for you why not consider using a docked bike share scheme. Oxonbikes offer safe and easy to use pedal and electric bikes; details at www.oxonbikes.co.uk. If you use a dockless bike sharing scheme please remember to park your bike considerately and not obstruct footways or exits.

Register your bike – theft of bicycles is common in Oxford. The University is part of Bike Register, currently used by Police forces across the country. This will increase the chances of your bike being returned if stolen. The bike marking and registration scheme is free; further information about cycle security and bike registration is available at <https://www1.admin.ox.ac.uk/ouss/cra/cyclesecurity/> or contact University Security Services at ouss.administration@admin.ox.ac.uk or 01865 272944.

Improve your urban cycling skills – the University offers six hours of free, one to one cycle training to students, delivered by experts from Broken Spoke, a local bike co-op. Full details at <http://www.admin.ox.ac.uk/estates/ourservices/travel/bike/>. You can also access an interactive map which shows different types of cycling routes in and around Oxford to help you plan your journey and make sure it suits your riding ability <http://www.transportparadise.co.uk/cyclemap/>.

Make sure you are mentally prepared – never cycle after drinking alcohol (it is illegal to ride your bike under the influence of drink or drugs); 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 vehicles which are turning left.

If things go wrong

If you are involved in an accident, make sure that you get professional help either at the John Radcliffe Hospital (Tel. 01865 741166) or from your College nurse or doctor.

To report a stolen bike contact the local Police station (Tel. 101) and also, if your bike is registered, the University Security Services (Tel. 01865 272944).

Step by step support to help University students with cycling in Oxford



Free cycle training: adult cycle training from beginners to advanced city cycling skills.



Try it out (bike share): Oxonbike is a docked bike sharing network of 14 stations including e-bikes (electric power assisted bicycles).



Mix it up: If you don't want to cycle your whole route try combining cycling with Park&Ride, the train or car share.



Cycle safety: discounted LED cycle lights, high-visibility arm bands and D-Locks to keep your bike secure.



Find your route: a cycle map showing all the on-road and traffic free cycle routes in Oxford.



Abandoned bikes: help keep cycle parking free and report abandoned bikes so they can be removed.

Find out more on

www.admin.ox.ac.uk/estates/ourservices/travel/bike/
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