



Cycling **TASK FORCE**

The Cycling Task Force is made up of members of all local governments, working together to develop a comprehensive cycling strategy. Our goal is to improve cycling access in the Comox Valley, both recreationally and for commuting, and to improve safe travel for all members of the public and safe access to regional bikeways.

The Task Force will focus on education, recreation, and transportation. Making cycling safe, enjoyable and efficient in the Comox Valley will lead to more people getting on their bikes - improving their health and creating a clean environment and community!

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Be Safe - Be Seen!

Cyclists need to ensure they are visible at all times to vehicles, especially at night, dawn or dusk, or when the weather is poor. Here are a few things you can do to make sure others can see you.

Turn on your lights

Turn on your lights, front and rear, whenever visibility is reduced. Aim your rear light to the traffic behind you and aim your front light on an angle for vehicles to see you and for you to be able to see the road. You need to BE SEEN, and be able to see the road, as well.

Consider increasing the strength of your lights

Dual headlights will allow you to aim one toward oncoming traffic and one at the road ahead of you. Make sure the batteries for your lights are fully charged and consider carrying a spare.

Wear brightly coloured clothing

Wear brightly coloured clothing such as neon green, yellow and orange, and/or wear a safety vest.

Put reflective materials on your bicycle and clothing

Put reflective materials on your bicycle and clothing, including front forks and rear stays, wheels, pedals, helmets, wrists and ankles. Reflective bands or lights on wrists make your hand signals more visible.

Be aware

Lights and reflectors are primarily useful for traffic coming from behind or ahead. Cars coming from the side may have trouble seeing you regardless of your lights. Reflective tape and devices on the frame of your bike will allow you to be seen by others from more angles.

Excerpted from the British Columbia Bicycle Operator's Manual www.bikesense.bc.ca

