

LET'S ALL SHARE THE ROAD... SAFELY



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RECOMMENDATIONS FOR CYCLISTS

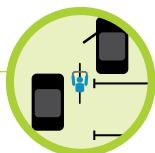
Remain visible at all times

Equip your bicycle with reflectors, a red light at the rear, a white headlight or light at the front and reflective strips. Other vehicles are larger than you, so make sure you are visible in traffic, especially at night.



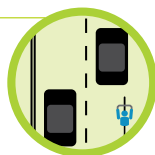
Be alert

Anticipate risks on the road (doors of parked cars), spot the potential dangers (potholes or broken pavement, sewer grates) and obey traffic lights.



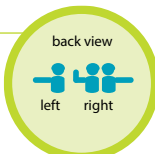
Ride with the flow of traffic

Ride in a straight line in a predictable manner, with the flow of traffic, and stay as close as possible to the right side of the roadway. Never ride on the sidewalk (unless directed or authorized to do so by a sign or signal) and yield the right of way to pedestrians.



Signal your intentions

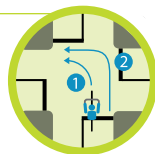
Check behind you before changing lanes or turning. Use hand signals to indicate your intention to turn. This is also a great way to make your presence known to other road users.



Turn left safely

There are two ways to do this:

1 like a vehicle, by staying on the left lane at an intersection; 2 like a pedestrian, by making an "L" shaped turn. Use this method on very busy streets.

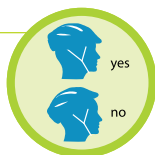


Adjust your driving

Keep longer distances when braking in rainy or snowy conditions.

Wear your helmet properly

An improperly adjusted helmet does not provide full protection. The helmet must not tilt too low on your forehead or the back of your head. There should be room for the width of two fingers between your eyebrows and the helmet. The straps should form a "Y" shape under the earlobes. A properly adjusted buckle should leave room for one finger between the strap and your chin.



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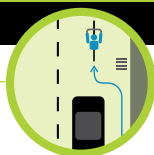


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RECOMMENDATIONS FOR MOTORISTS

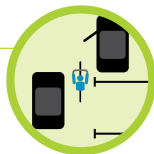
Look out for cyclists...

regardless of the weather, place or time. Cyclists must occasionally steer away from the far right side of the road to avoid debris or obstacles.



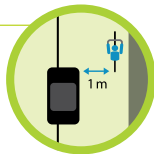
Before opening your door...

after you have parked, make sure there are no oncoming cyclists. Under the *Highway Safety Code*, you are required to perform this check to protect cyclists.



Keep your distance

When passing a cyclist, the *Highway Safety Code* requires that you slow down and keep a distance of 1 metre between your vehicle and the cyclist in zones of 50 km/h or less, and 1.5 metres in zones of more than 50 km/h. Please note that the *Highway Safety Code* authorizes you to cross a solid line to pass a cyclist if you can do so safely. As you merge back into your lane, make sure you leave the cyclist a reasonable amount of space.



Be careful at intersections

Always watch out for cyclists at intersections. Yield the right-of-way to cyclists riding on your right or before turning right at a red light (where permitted).



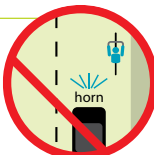
Yield the right-of-way to cyclists...

crossing the lane you are about to enter.



Do not honk your horn when approaching cyclists

This can startle cyclists and cause them to make a wrong manoeuvre.



For more information, go to saaq.gouv.qc.ca.

Société de l'assurance automobile

Québec

