



SAFE **CYCLING** GUIDE

8th Edition



BEFORE SETTING OUT

**A WELL-MAINTAINED
BICYCLE ... is key**

- A** Check tire pressure to make sure it corresponds to the manufacturer's recommendations
- B** Check that the chain does not slip (chain too stretched out, worn teeth on a gear sprocket)
- C** Check the brakes (adjustment, rusty cables, broken wires)
- D** Check the mandatory visibility equipment:



- | | |
|---|---|
| 1 Front white reflector | 3 Rear red reflector |
| 2 Amber or white reflector attached to the spokes of the front wheel or a tire with reflective sidewalls or reflective strips on each side of the rim (otherwise, an amber or white reflective strip on each side of the fork) | 4 Red or white reflector attached to the spokes of the rear wheel or a tire with reflective sidewalls or reflective strips on each side of the rim (otherwise, a red reflective strip on each seat stay) |
| | 5 Amber or white reflectors on each pedal (otherwise, a reflective band around each ankle or shoes with reflective strips) |

Adjust the frame to the rider's height

To check if the height is correct, the rider should stand astride the bicycle above the crossbar with both feet flat on the ground. There should be a clearance of at least 2 cm between the rider's crotch and the crossbar. The seat should be parallel to the ground.

To adjust the seat correctly, the rider's leg should be completely extended with the heel on the pedal. Thus, when the foot is in pedalling position, the leg will have to bend slightly.



Bike frames that are too large create a loss of balance and can cause injuries, especially with children.

WEARING A HELMET,

my only
PROTECTION

DID YOU KNOW?

Head injuries are the cause of death in approximately 60% of fatal biking accidents. If you fall, this is the part of your body most likely to sustain serious injury. If you are wearing a helmet when you have an accident, the force of the impact is distributed over the surface of the helmet, rather than concentrated on the head. That's why it's important to have a good helmet.

The perfect fit

Try on the helmet to ensure that the weight, padding and adjustment straps are right. The front and back straps of a properly adjusted helmet come together under the ear and the chin strap is not too tight.

Check that the helmet fits snugly. It should remain in position and not slide forward over the forehead or down the back of the neck.

Choosing the right helmet

When buying a bicycle helmet, look for one that has any of the following certification stickers or labels on the inside or on the packaging: CSA, CPSC, ASTM, CEN and SNELL. These certification stickers or labels are a guarantee of durability and proof that the helmet meets performance standards. A helmet that has deteriorated or sustained a shock should be replaced. Purchasing a used helmet is therefore not recommended.



FOR GREATER SAFETY...

Bicycles that are well maintained and that have all of the required equipment help ensure the safety of cyclists and other road users. Additional suggested accessories include:

1 A horn or bell

Since a bicycle doesn't make much noise, a simple bell allows cyclists to make their presence known to pedestrians and other cyclists. This helps to prevent collisions.

2 A rearview mirror

Cyclists who can see what is approaching from behind won't be taken by surprise when a car passes them. A rearview mirror also lets cyclists safely check traffic before passing.

3 A safety flag (pennant)

Putting a horizontal flag on your bicycle is sometimes all it takes to remind motorists that they are required to keep a distance of at least 1 m or 1.5 m, depending on the location. A vertical flag affixed to the rear of your bicycle or trailer will also make you more visible.

4 A basket or rack

Whether it's a basket on the front or a rack on the back, any accessory that helps cyclists carry their belongings safely can turn a bicycle into a real sport utility vehicle.

Reflective accessories for cyclists (helmet, vest, clothing, etc.)



COME OUT OF THE SHADOWS

DID YOU KNOW

that almost a third of fatal accidents involving cyclists occur after dusk, between 6 p.m. and 6 a.m.?

It is mandatory for cyclists to equip their bicycles with a white headlight or light and a red taillight to ride in the evening or at night, in addition to reflectors. The headlight or lights may be flashing.

Dealers are required to equip any bicycle they rent or sell with the mandatory visibility accessories, except the amber or white reflectors required for the pedals if the bicycle is equipped with clipless pedals or delivered without pedals. In such cases, dealers are not required to provide the customer with reflective ankle bands or shoes with reflective strips. However, cyclists should be sure to wear such accessories.

Brightly coloured or, better yet, reflective clothing enables motorists to see cyclists from further away. Cyclists can now get panniers or pant clips with reflective strips, or else stick such strips directly on their clothing. And of course, a reflective vest is still the best way to make you sure you will be seen!



CYCLISTS, LIKE MOTORISTS,

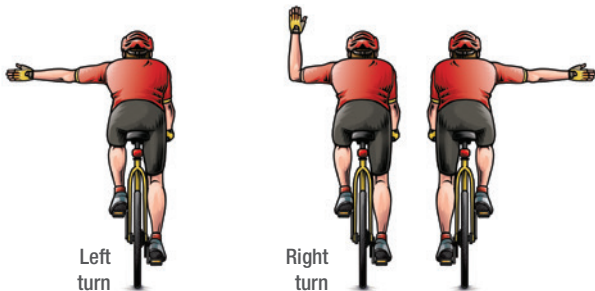
have to follow
the rules

AMONG OTHER THINGS, QUÉBEC'S *HIGHWAY SAFETY CODE*
REQUIRES CYCLISTS TO:

**Ride as close as possible to the right side
of the roadway**

Signal their intentions

...over a reasonable distance so the other road users can see them.



Ride in single file when travelling in a group

... no more than 15 riders per group is allowed.



Ride astride the bicycle and keep hold of the handlebars

Ride with the flow of traffic

...unless signs or signals authorize cyclists to ride against traffic, or in case of necessity.



IMPORTANT! Among other things, the Code prohibits cyclists from:

- riding on limited access highways or access ramps**
- riding against the flow of traffic, unless authorized to do so by a sign or signal or in case of necessity**
- riding on sidewalks, except in case of necessity or where directed or authorized to do so by a sign or signal**
- riding with earphones or headphones that cover one or both ears (as of June 30, 2018)**
- riding while using a portable electronic device—whether hand held or not—unless it displays information that is relevant to riding a bicycle, in which case it must be mounted on a bracket that is attached to the bicycle (as of June 30, 2018)**
- carrying a passenger, unless the bicycle is equipped with a fixed seat for this purpose**
- riding between two lanes of moving vehicles, unless the vehicles travelling in the lane to the right of the cyclist are in a lane reserved for right turns**
- consuming alcohol while riding a bicycle**
- riding a bicycle with a faulty brake system**



WATCH OUT FOR

- vehicles coming out of private driveways
- buses (never try to pass them on the right)
- vehicles turning right at a red light



Before making your move, make eye contact with drivers to make sure they have seen you.

- the doors of a stationary vehicle
- outside mirrors of buses and trucks
- sewer grates
- spaces between parked vehicles (ride in a straight line so motorists can see you)



DIFFERENT TYPES OF BICYCLE LANES

Cyclists in Québec are allowed to ride on any type of road, except limited access highways. For cyclists' safety, four different types of bicycle lanes have been designated for their use:



Paved shoulders

On paved shoulders, cyclists ride with the flow of traffic.



Bicycle lanes

Road signs, traffic signals and road markings indicate that these lanes are reserved exclusively for cyclists.

... so we can all share
the road safely



Designated roadways

These are roadways that cyclists are encouraged to use via road signs and bicycle outlines on the pavement; however, they do not have reserved lanes.



Bicycle paths

Bicycle paths are lanes designed for cyclists and are generally located away from automobile traffic or separated from traffic by a physical barrier.

PAY ATTENTION TO ROAD SIGNS AND TRAFFIC SIGNALS!

Like any road user, cyclists have to obey road signs and traffic signals. In addition, special signs and signals have been developed for bicycle lanes. The following are a few examples:



Indicates the need for children under 12 to be accompanied by an adult on a road where the speed limit is 50 km/h or over



Indicates the need to get off a bicycle for safety reasons



Indicates a mandatory cyclist and pedestrian route



Indicates a bicycle crossing



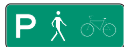
Indicates that you are cycling on the Route verte



Indicates a bicycle lane on the shoulder



Indicates the period during which the bicycle lane is not maintained



Indicates that there is a parking lot near a bicycle lane



Indicates that cyclists can ride against the flow of traffic on a one-way street



Indicates the presence of a business or service (in this case, a bike mechanic's shop)



Indicates that parking a bicycle at this location is prohibited



Indicates a temporary detour due to work on the bicycle lane



These traffic signals for cyclists are placed alongside bicycle lanes



These symbols painted on the roadway indicate that a lane is reserved for cyclists



Indicates that cyclists must respect a pedestrian light

IMPORTANT: Where this sign is not posted, cyclists must obey traffic lights for vehicles and cannot use a pedestrian signal unless they get off their bicycle.

POWER-ASSISTED BICYCLES

RIDERS BETWEEN THE AGES OF 14 AND 17 MUST HOLD A LICENCE AUTHORIZING THE USE OF AT LEAST A MOPED.

Power-assisted bicycles:

- have handlebars and pedals
- are designed to travel on not more than three wheels in contact with the ground
- can be propelled by muscle power applied to the pedals
- have an electric motor (but not a gasoline motor) of 500 W or less

Riders must:

- wear a bicycle helmet
- be at least 14 years of age

Riders age 18 or over do not require a licence.

Equipment on a power-assisted bicycle must comply with *Highway Safety Code* requirements, in particular those regarding the mandatory visibility accessories.



Non-motorized scooters

In order to meet requirements for riding on public roads at night, scooters that are rented or sold must have at least one white reflector or else white reflective material in front and a red reflector or red reflective material on the back. Riders are exempt from this requirement if they wear reflective clothing or accessories so that they are visible to other road users.

Finally, scooters must be equipped with a rear-wheel braking system. The brakes must be powerful enough to bring the vehicle to a quick stop when riding on a dry, paved, level road.

Fines

OFFENCE	AMOUNT
Travelling on a roadway on in-line skates, skis, a skateboard or toy vehicle	\$80 to \$100
Travelling on a roadway on a scooter without a rear-wheel braking system	\$80 to \$100
Travelling on a scooter at night without being visible to other road users	\$80 to \$100
Travelling on a public road with a motorized scooter	\$100 to \$200

IN-LINE SKATES, SKATEBOARDS, SCOOTERS... allowed or prohibited?

Bicycles are very popular, but there are also other ways of getting around on wheels! However, not all wheel-mounted equipment can be used on roadways.

According to the *Highway Safety Code*:

ALLOWED on the roadway: non-motorized scooters

PROHIBITED on the roadway:
motorized scooters, in-line skates,
skis, skateboards and toy vehicles

Contact your municipality to find out where you can safely use these types of equipment.



KIDS AND BICYCLE SAFETY

To ride a bike, first you have to listen to and observe traffic. If your children want to ride their bikes unaccompanied, such as to go to school, be sure to travel the route with them several times in order to help them identify dangers and adopt the right behaviour. Give your children support while they are learning:

- Go for bike rides with them and keep an eye on them
- Practice stopping and turning and help them learn how to deal with unexpected situations
- Make sure they understand the importance of performing a shoulder check every time they want to change directions
- Tell them they must use pedestrian crossings and walk their bikes when they want to cross intersections or turn left

For more details about what to teach your children, go to our website at saaq.gouv.qc.ca and look through the “Road Safety” section.

Important: Under the *Highway Safety Code*, children under 12 must be accompanied by an adult on a road where the speed limit is over 50 km/h, unless they are on a bicycle path.



CYCLISTS, LIKE MOTORISTS,

OFFENCE	PENALTY
Riding between two rows of moving vehicles	\$80 to \$100
Riding on a sidewalk (except in case of necessity or where directed or authorized to do so by a sign or signal)	\$80 to \$100
Riding against the flow of traffic (except in case of necessity or where authorized do so by a sign or signal)	\$80 to \$100
Riding with earphones or headphones that cover one or both ears (as of June 30, 2018)	\$80 to \$100
Riding while using a portable electronic device—whether hand held or not—unless it displays information that is relevant to riding a bicycle, in which case it must be mounted on a bracket that is attached to the bicycle (as of June 30, 2018)	\$80 to \$100
Drinking alcohol while riding	\$80 to \$100
Turning right at a red light where prohibited by a sign	\$80 to \$100

must obey the
Highway Safety Code

OFFENCE	PENALTY
Failing to stop at a red light or stop sign	\$80 to \$100
Failing to yield the right of way at an intersection to users who have priority	\$80 to \$100
Failing to obey a road sign or traffic light	\$80 to \$100
Failing to ride in single file	\$80 to \$100
Failing to signal one's intentions (turning)	\$80 to \$100
Failing to hold onto the handlebars	\$80 to \$100
Riding two on a bicycle without a fixed seat for that purpose	\$80 to \$100



For more information, go to saaq.gouv.qc.ca and view the “Road Safety” section.

For questions regarding road signs and traffic signals, as well as cycling facilities, go to www.transports.gouv.qc.ca.

A resource for planning safe and bicycle-friendly routes:

quebec511.gouv.qc.ca

Québec 

With the participation of:

- Société de l’assurance automobile du Québec
- Ministère des Transports, de la Mobilité durable et de l’Électrification des transports