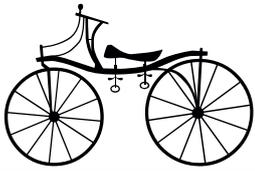


A Brief History of the Bicycle



The Dandy Charger, 1817

This bicycle did not have pedals. Instead it had to be pushed along by your feet.



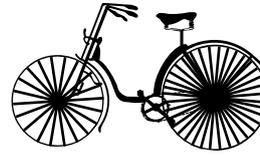
The Boneshaker, 1860s

The Boneshaker had pedals but no chain.



The Penny Farthing, 1870s

The Penny Farthing had a large front wheel to increase the top speed of the bike.



The Safety Bike, 1880s

This bike had a chain which made it a lot safer to ride.

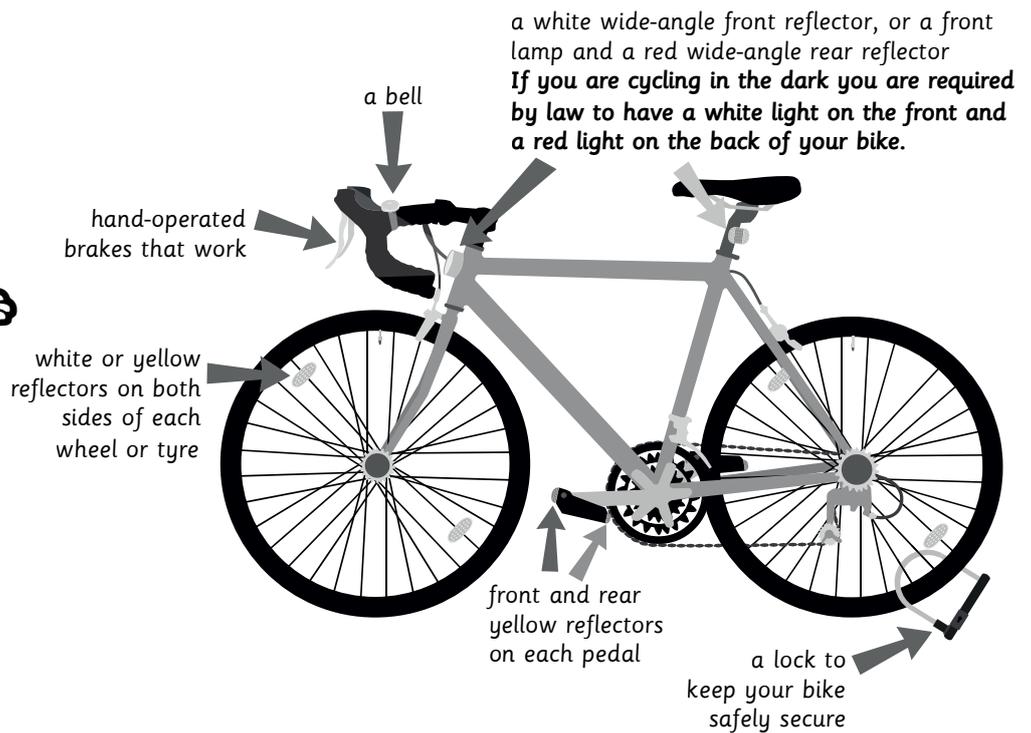


Present Day Road Bike

Nowadays we have touring bikes, BMX bikes, mountain bikes and even electric bikes, to name but a few.

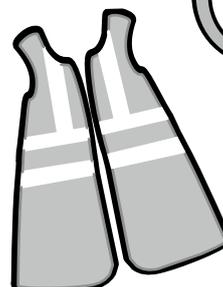
Equipment

To stay safe when you are riding your bike you should always make sure that you and your bike have the correct equipment.



You

- a helmet – your helmet should be the correct size and be securely fastened. If you fall off your bike, a helmet could save you from a serious head injury.
- reflective clothing – especially at night; reflective clothing will help other pedestrians, cyclists and more importantly motorists to see you.
- a lock – To keep your bike safely secure
- a pump – so that you can fix a flat tyre



Road Safety Rules

Follow these rules to keep you safe when you are riding your bicycle.

- Always use a cycle path if possible.
- Always ride on the left side of the road, with the traffic, not against it. Always ride where you can see and be seen.
- Stay as far to the left as possible, when riding on the road.
- Use appropriate hand signals at all times.
- Respect all traffic signals.
- Try to make eye contact with other road users, so that you know that they have seen you.
- Always ride at a sensible speed and slow down or stop if needed, giving way to other road users.
- Take particular care at junctions, bends and entrances.
- **If you are cycling in the dark you are required by law to have a white light on the front and a red light on the back of your bike.**
- A normal bike is designed to carry one person. Only bikes specifically designed for multiple users such as the tandem, or bikes with specially added children carriers, should carry more than one person.
- Use your bell to warn other people that you are approaching.

