



TRAFFIC SAFETY GUIDE FOR CYCLISTS

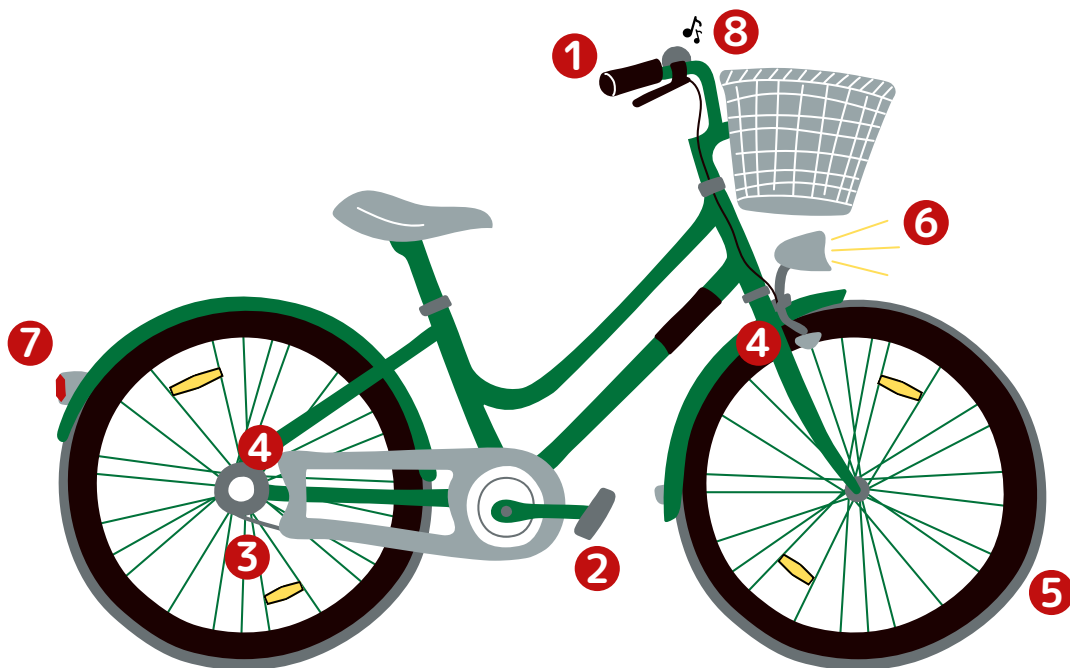
Based on information from the Japan Traffic Safety Association and Hokkaido Police.



BICYCLE SAFETY CHECK

Before riding a bicycle, make sure to check the following points and adjust the bicycle if necessary.

- ① The handlebars are properly aligned with the front wheel.
- ② The pedals rotate properly, and your feet do not slip off.
- ③ The chain is not too loose.
- ④ The front and rear wheel brakes are working well.
- ⑤ Both tires have enough air and the tread is not worn down.
- ⑥ The headlight is bright when turned on.
- ⑦ The rear light works and all reflectors are firmly attached.
- ⑧ All other bicycle parts are attached properly and in good working order.



CAUTION!

Pay extra attention when checking your bicycle if you didn't use it during winter.





THE "5 RULES FOR SAFE BICYCLE USE"

1

In principle, cyclists should stay on the road and only use sidewalks in exceptional cases.

- Bicycles are considered vehicles, so cyclists should cycle on the road as a general rule.
- You should use designated bicycle lanes when available.
- You may ride on sidewalks that are marked as bicycles permitted.
- Children (under 13), the elderly (70 and above), and people with disabilities may cycle on the sidewalk.
- **You may cycle on the sidewalk in exceptional cases where you have no other option, such as when the road is too narrow, etc.**



2

Cyclists should ride on the left side of the road.

- Cyclists should keep to the left-hand side of the road.
- Cyclists may ride inside the lines marking pedestrian paths on roads but they must not obstruct pedestrians.



3

On sidewalks, give pedestrians the right of way and slow down.

- When passing pedestrians, slow down enough to ensure you can suddenly brake.
- If there is a risk of obstructing pedestrians, stop cycling.
- Refrain from unnecessarily ringing your bell at pedestrians.
- **Pedestrians have the right of way on sidewalks, so dismount from your bicycle if necessary.**



4

Follow the safety rules.

1. It is prohibited for two or more people to ride on one bicycle.
2. It is prohibited to ride your bicycles side by side.
3. It is prohibited to ride a bicycle under the influence of alcohol.
4. Turn on the bicycle lights during night-time.
5. At intersections obey traffic lights, make a full stop, and check surroundings.
6. Do not hold an umbrella or use your phone while riding a bicycle.



1



2



3



4



5



6

5

Wear a bicycle helmet.

Parents and guardians of children under the age of 13 must ensure that their children wear a helmet when riding a bicycle. All cyclists, not just children, are required to make an effort to wear a helmet.



IF YOU GET INTO A TRAFFIC ACCIDENT

1 Stop cycling immediately.

2 Move your bicycle to the side in order to prevent obstructing other traffic.

3 In case of an injury, call 119 for an ambulance.

Stop any bleeding using a clean handkerchief or cloth, and provide support for the injured person until the ambulance arrives. However, do not move the person unnecessarily.

4 Call the police (110) regardless of whether anyone is injured or not.

Do not leave the site of the accident under any circumstance until the police arrive. As the operator of the vehicle, you are legally obligated to report the details of the accident to a police officer.



ENROLLING IN ACCIDENT INSURANCE

Cyclists should purchase personal accident insurance to cover any accidents

- In the event of a bicycle accident, the cyclist may be held liable for large amounts of damages.
- Please check with your insurance provider to see if you are already covered for bicycle accidents.



HOW TO PREVENT BICYCLE THEFT

1 Always double lock your bicycle!

Bicycle thieves want to be able to steal a bike in a short amount of time. Using a two-lock system, such as a chain or u-lock in addition to the regular lock, is effective in preventing this.



2 Use caution even in bicycle parking areas! Attach your bike to fixed objects where possible.



3 Always register your bicycle!

Completing the "Bike Theft Prevention Registration" helps to prevent theft and identify the owners of abandoned bicycles. It is highly recommended to register your bicycle.

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防犯登録証
北海道警察