

KAWARTHA CYCLING CLUB PRESENTS

CANBIKE INFO ON SAFE CYCLING

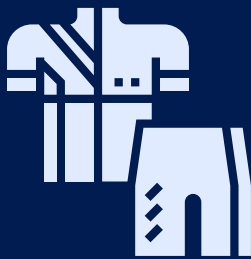
THINK OF: MOST VALUABLE PERSONS CYCLING

The following is from the CAN BIKE course covering four key concepts to ride safely on roads or trails.

It is known as MVPC or Most Valuable Persons Cycling.

M: MANEUVERABILITY

Maneuverability is about creating and maintaining escape routes so you can take evasive action if necessary. To accomplish this, we cycle 1m from the curb on city streets and from parked cars, to miss debris, drain covers and “dooring” and ½ m on roads. The key is to ride as far to the right as you can safely, and on very narrow roads, like the bridge in Fenelon Falls, we take the lane.

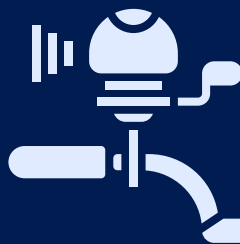


V: VISIBILITY

Visibility is ensuring other road and trail users can see you. We stay in the flow of traffic and wear bright clothing employing front and rear lights.

P: PREDICTABILITY

Predictability is following the rules of the road, riding in a straight line, stopping at stop signs and traffic lights, avoiding weaving in and out of traffic and using hand signals.



C: COMMUNICATION

Communication is about letting other road and trail users know what you are doing and are going to do. Hand signals, pointing out hazards, use of your bell and voice and making eye contact.



FOR MORE INFORMATION ON BEST PRACTICES:

Please talk to your ride leader or any member of the committee! We're happy to help!