

HRER Safety Bulletin

Personal Safety when road biking, is paramount!

There are numerous ways for cyclists to ensure their safety to the greatest extent possible, the only 100% way is to stop cycling! But we are Ryders and we love to cycle, so read on. This Bulletin will deal with what WE can do to ensure that motorized vehicles “Sharing the Road” with us are actually aware of our presence!

OUR Visibility (High-Viz clothing)

High-viz clothing has been proven to be so effective that many countries around the world now require employers to provide personal protective High-Viz clothing at no cost to the employee. Rarely will you see highway or construction workers without a high-vis vest and hard hat.

Denmark has a huge cycling culture. They have done extensive studies and their numbers, based on over 6000 cyclists in a study group, found that high-vis reduced collisions with automobiles by 44%. This is a huge advantage for cyclists to be seen on the road.

Further studies have shown that wearing high-vis on your legs or feet will enhance your visibility as drivers not only see the colour but the motion of the cyclists as they pedal along the road.

Many cyclists have high-end expensive garments and much of those items are not high-vis. An easy remedy is to purchase high-vis socks, ankle or wrist bands, helmet or vest/jacket. The back of our New HRER Jersey is considered “High-Viz”!

*It is strongly recommended that all Ryders wear some high-vis while riding, which, when coupled with high intensity lights provides an enormous safety advantage for cyclists on the road.

The Bike - Lights (Front AND Rear)

Bicycle lights have come a long way with LED technology. They are compact, very bright, and have decent battery life. With that said, not all lights are created equal.

Why should we have them? A high quality light can provide more visibility for a cyclist and that is a safety cushion we all need when riding with traffic or even on trails. That translates to a lower frequency of accidents for those cyclist who use them. A good set of daytime lights can reduce your chance of an accident by 20%. If you combine a high quality light with high-viz clothing, you can decrease that accident rate by nearly 40%. Or conversely, you are more likely to have an accident with a vehicle by nearly 40% if you ride with dark clothing and no lights!

In choosing both front and rear lights, look at the lumens rating of those lights. For rear lights, some suggest at least 100 lumens should be a minimum for brightness. Front lights are white and we recommend 500 lumens or more for those, which would be bright enough to illuminate your path in low light or darkness conditions. For daytime use, both front and rear lights are much more effective when strobing or flashing.

A flashing rear light at 100 lumens can alert a vehicle in bright daylight at a minimum distance of 800 metres. A car approaching a cyclist at 80 kph will see a light of this type for at least 35 seconds before the car reaches the cyclist. Without a quality rear light and high viz apparel, you may not be seen until the driver is only 100 metres from you, or LESS. At 80 kph, that driver will have 3-5 seconds to adjust their path!!

The front light is valuable for vehicles which are oncoming, or pulling out of side roads, driveways and intersections as they are NOT looking for cyclists. That 500 lumen front light looks like a freight train coming their way and it's almost impossible to not see a light of this strength. It also alerts vehicles from making left turns across your path.

If you can't afford both, the rear light is a priority.

Lastly, if you don't turn them on (which is too often the case), they don't work nearly as well!!