

**LEVEL 1:** Cycling within a Traffic-free environment

**LEVEL 2:** Cycling within on Park Connector Networks

**LEVEL 3:** Cycling on Roads

**LEVEL 4:** Cycling to complete an event

The Singapore Cycle Safe Programme is a 4-level programme that equips cyclists with the necessary knowledge and skills needed to manoeuvre our cycling paths and roads.

**Upon completion of Level 1, cyclists should be able to demonstrate good bicycle control and personal safety awareness, even at night.**

Visit [www.cycling.org.sg](http://www.cycling.org.sg) for more information.

## GOOD TO HAVE

### EYE WEAR

protects eyes from elements and dust

### HELMET

ensure that helmet is of the correct size, straps are snug and helmet covers forehead

### BICYCLE SADDLE

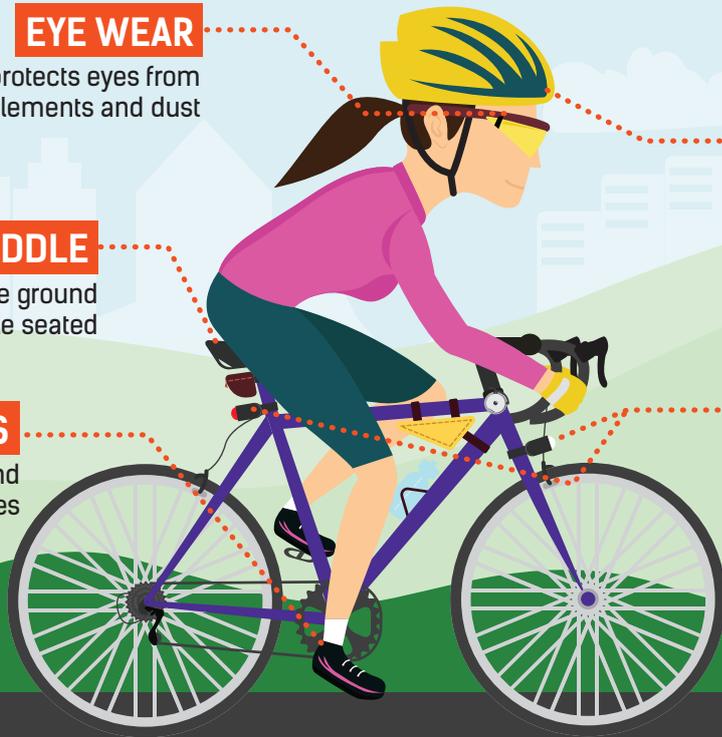
toes to touch the ground while seated

### SHOES

use covered shoes and tuck in shoe laces

### LIGHTS

use a front **WHITE** light and a rear **RED** light



## GOOD TO KNOW



Mount/dismount and/or push/carry on the left side of the bicycle so as to avoid contact with the drive train.



Avoid the use of headphones or handphones while cycling.



Look out for potential hazards such as shrubs and tree branches which can cause nasty scratches.



Use gloves to prevent abrasions if you fall.



Ensure that you are feeling well before starting your cycling activity.



Check to ensure that your front and rear brakes are working before moving off.

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LEVEL 1: Cycling within a Traffic-free environment

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The Singapore Cycle Safe Level 2 Programme focuses on the development of cyclists' skills and traffic awareness along the use of park connectors. The many parks and gardens in Singapore offers cyclists a perfect avenue for exploring while keeping fit.

Upon completion of Level 2, cyclists should be able to navigate shared park connectors while ensuring safety themselves, along with other park users.

Visit [www.cycling.org.sg](http://www.cycling.org.sg) for more information.

## GOOD TO HAVE

### BICYCLE POUCH

safe keep money, keys, phone and band-aids

### TYRES

adequately inflated according to specifications on the side of tyre

### GEARS

aids in climbing hills and achieving high speed



### TOOL-KIT & PUMP

simple maintenance on-the-go

### WATER BOTTLE

keep yourself hydrated



## GOOD TO KNOW

### KNOWLEDGE OF PARK CONNECTOR NETWORK SIGNS AND TRAFFIC RULES



Do not cycle at traffic lights and zebra crossings. Instead, dismount from your bicycle and push.



Keep a lookout for cars coming from car parks and lanes.



Slow down and look out for pedestrians.



When on a shared pathway, keep to left of the cycling path.



Keep to the cycling path, instead of the footpath.

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