

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

Riding a bicycle is a good form of exercise. It can make us stronger by developing our muscles and increasing our fitness. You can even make more friends when you cycle in a group. Cycling keeps the environment in shape too, as bicycles do not give out polluting gases. It's the perfect way to enjoy ourselves and be green!

**But we must equip our bicycle and learn how to ride safely and behave properly when cycling.**

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

**GOOD TO HAVE**

**CLOTHING**

wear bright colours

**A HELMET WITH REFLECTIVE STICKERS**

should fit snugly with the front positioned just above your eyebrows

**BICYCLE SADDLE**

your feet should be able to touch the floor

**EYE WEAR**

protects your eyes from dust

**LIGHTS**

see and be seen

**GLOVES**

prevents bruises

**SHOES**

laces tucked away to prevent entanglement

**GOOD TO KNOW**



Fasten the straps of your helmet so that the helmet will not fall off when you move your head from side to side.



Check that everything looks alright – test the brakes while pushing it, and tighten quick release.



Avoid fancy decorations that can cause injury. Sharp pointed lights and banners may look nice, but can jab into your eyes and body, if you fall.



Learn to mount and dismount safely on the left side of the bicycle.



Cycle on the left, in a straight line so that others can pass you.



Don't forget warm-up and cool-down exercises, so your muscles will not be strained.

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With a bicycle, we can explore gardens, parks and beaches. We must learn to share these beautiful places with other people without endangering them or ourselves. There are useful signs that warn of danger and keep us safe.

Learn to handle the bicycle in a safe way, and recognise the Park Connector Network signs for a safe journey.

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

**GOOD TO HAVE**

**WARNING BELL**

alert pedestrians and vehicles

**BICYCLE CHAIN**

keep clean and lubricated

**TYRES**

inflated properly



**BRAKES**

good working condition

**WATER BOTTLE**

keep yourself hydrated



**GOOD TO KNOW**

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



Do not cycle, dismount from your bike and push it.



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



Slow down and look out for pedestrians.



Keep to the cycling path, instead of the footpath.



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

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