



User Manual

Before leaving, **make sure that the bike is in good working order**: especially the tyre pressure, the brakes and the lights.

Find a safe route. It is worthwhile following a route through quiet streets or on bike paths.

Cycle in the middle of the lane and demand respect from other drivers. This prevents drivers being tempted to overtake without maintaining a safe distance.

Take care with:

- **The blind spot of drivers** – where they can't see you. Avoid cycling close to the rear corners of a vehicle.
- **Parked cars.** Stay at least a metre away from them. Opening doors can be a real hazard for cyclists.
- **Right turns.** Many drivers may not indicate when they turn right and they may forget to give way at a junction.

Cycle in a straight line and be predictable. Indicate all your manoeuvres by using your arms. If you don't know how these signs are, ask someone to show you.

Cycle at an appropriate speed. Adapt your speed to where you are cycling, and where possible, choose quiet streets.

A bike is a vehicle, respect the traffic laws like everyone else.

Do not annoy the pedestrians. Respect the pavements. Remember, cyclists are more relaxed and polite than drivers of other vehicles.

Take off your headphones. They don't allow you to keep track of the traffic behind you.

Stay visible. At night, use lights – white lights at the front and red at the back, as well as reflectors. It is also recommendable to use them during the day.

Wear a helmet if it makes you feel safer. It is obligatory on the roads.

Insurance. If you become a member of Conbici for 20 euros, it includes public liability insurance, covering any damage you might cause to third parties.

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Lock your bike correctly. See how below.

More Information

Explanation on video: <http://youtu.be/JTDlpprqin4>

How not to get hit by cars? <http://www.bicyclesafe.com/>

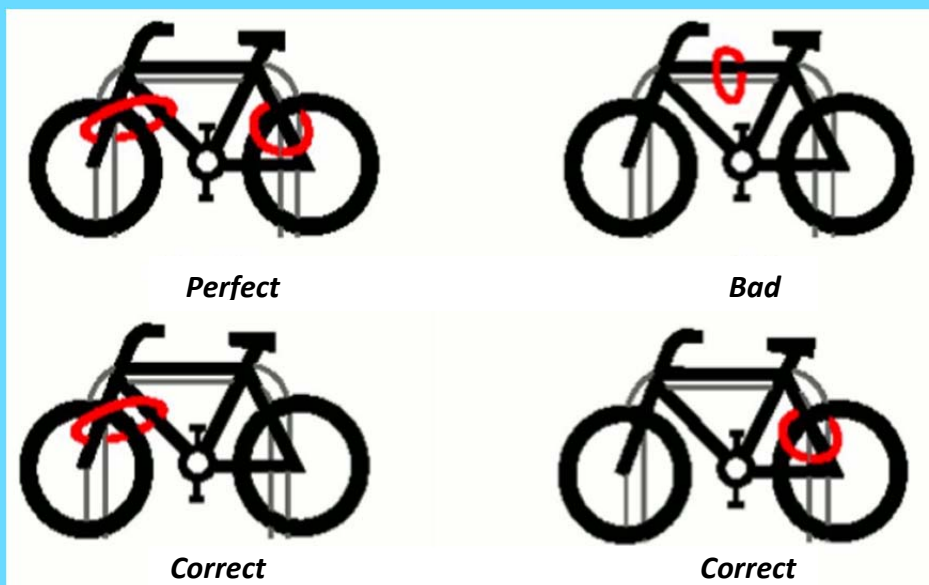
Advice for parking your bike and how to avoid theft

The first, and most important rule, is to ALWAYS LOCK UP YOUR BIKE. Even if it is just for a minute – that's plenty of time for a waiting thief.

Buy the best bike lock you can. It will never be as expensive as buying a new bike. Look for one which is difficult to break or cut, like a U-shaped lock, or if not, flat link chains with hardened steel.

Ensure that the bike frame and the wheels are attached to somewhere solid.

Use the bike lock higher than 50 cm above the ground – it has been proven that locks which are close to or in contact with the ground are the easiest to break.



When you park, don't obstruct pedestrians' right of way.

Park where there are a lot of people who can easily observe the bike. Thieves don't like busy places. Avoid alleyways and hidden places.

Remove bike accessories which are easy to steal: kilometre counter, air pump, tool bags, water bottle, etc.

At night, try not to leave it in the street. Take it into the house or flat. Ask permission from your neighbours to leave it in the space beneath the stairway or in the garage.

When you buy a bike, ask for an invoice or receipt with the details of the bike. If the bike is stolen, an invoice or receipt is a very useful document with which to prove ownership.

Take note of the serial number of the bike. Every bike has a serial number. It is usually underneath the bottom bracket shell. It is important to write down and keep the serial number. This can help you recover the bike if it is ever stolen.

If your bike is stolen, report it. This will increase your chances of recovering it. Reporting is an important step to making police aware of the problem of bicycle theft.

Never ever buy a bike at a flea market. They are stolen bikes. Buying them turns you into a victim of your own conduct, as well as being illegal. You can find affordable bikes in any shop.