



## Who can ride on footpaths in NSW?



Children under the age of 16 and parents with children in child carriers.



An adult (18 or over) supervising a child under 16.



A person who has a

## Where can cyclists ride?



### Footpath

See adjacent section for details.



### Shared path



### Road

Riders may need to cycle in the middle of the lane.



### Bus lane

Riders can use the bus lane, but not a BUS ONLY lane.



### Bicycle lane

Riders must use a marked bicycle lane if available, unless impractical to do so, ie. fallen tree or parked vehicle.

**A marked bicycle lane has a**

  
**LANE**  
sign

OR

  
**LANE**  
white painted symbol plus word LANE

**Not all painted bicycle symbols on the road represent bicycle lanes, but can be suggested bike routes.**

## Riding two abreast



Riding two abreast is legal in NSW however bike riders must cycle within 1.5 metres of each other.

A third rider can overtake these two riders, but cannot continue to ride beside them.

## Who must wear a helmet?

**✓ All bike riders, required by law.**

## Minimum passing distance law

**Give 1m**

**when road limit is 60 km/h & under**

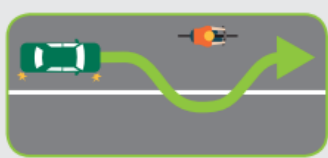
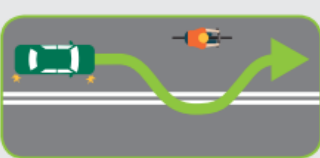
**Give 1.5m**

**when road limit is over 60 km/h**

Exemptions permit motorists to:

- Cross lines (double, unbroken centre lines included)
- Straddle lane lines
- Drive on painted islands

but **ONLY** if it is safe to do so.



# BICYCLE HAND SIGNALS



## Must bike riders carry ID?



No, but carrying ID with you is a good idea in case of an emergency.

## Why there is no registration for bike riders

Registration and Compulsory Third Party (CTP) fees are for vehicles requiring inspections. Riders help pay for roads through council fees and taxes.



## CLOTHING:

Wear bright or light-coloured clothing so other road users can see you. You should also wear reflective clothing at night, along with a high-visibility slap band. Wear closed-toed shoes that fully cover your toes and heels, such as sneakers or running shoes.

## MOBILE PHONES:

There are only 2 ways that you can use a mobile phone while riding.

1. HANDS FREE
2. IN PHONE HOLDER

Phone holders must be commercially manufactured and fixed to your bicycle and must not obscure your vision.

When riding, you must not hold a mobile phone in your hand, rest on you leg, be between your shoulder and ear or any other part of your body.

## HELMETS:

Riders must wear an approved helmet securely fitted and fastened. This includes children on bikes with training wheels and any child being carried as a passenger or in a bicycle trailer.

Always replace your helmet if it has been dropped on a hard surface or been in a crash. Replace if you see any cracks in the foam or if the straps are worn/frayed.

## ESSENTIAL EQUIPMENT:

Your bike must be fitted with a working horn or bell and at least on working brake.

A white light on the front that can be seen from 200 metres.

A red light on the back that can be seen from 200 metres.

A red reflector on the back that can be seen for at least 50 metres by a vehicle's headlight on low beam.

## MORE INFORMATION:

To see safety and rules for bicycle riders visit: [Safety and rules for bicycle riders | NSW Government](#)

## RULES FOR CYCLISTS:

A bicycle is considered a vehicle in NSW and must follow the same road rules as other vehicles. There are also some special road rules that only apply to bicycle riders:

- You can ride side-by-side another bike, but no more than 1.5 metres apart.
- You must use the marked bike lane in your direction if there is one, unless it is impractical go do so.
- You must give a hand signal when turning right or merging to the right lane. You should do this for about 30 metres before you turn or change lanes or lane position. You don't need to give a left or stop signal, or signal when making a hook turn but it's strongly recommended to do so.
- You can overtake 2 other bicycle riders who are riding side by side.
- You can overtake on the left of stopped and slow-moving vehicles.
- You can ride to the left of a continuous white edge line.
- You can turn right from the left lane of a roundabout, but you must give way to any vehicle leaving the roundabout.
- You must not ride on a pedestrian crossing. Instead, walk your bike across. You can ride across if there's a bicycle crossing signal. You must obey the signals at crossings.
- You must not be towed by or hold onto another moving vehicle.
- You must keep left of oncoming bicycle riders or pedestrians on a footpath, shared path or separated path.
- You must not carry more people than the bike is designed for. If carrying a passenger, they must be wearing an approved fitted and fastened helmet.
- You must face forward on the rider's seat, with one leg on each side and at least one hand on the handlebars.

## REDUCE YOUR RISK OF HEAD INJURY IN THE EVENT OF A BICYCLE CRASH!!

### WEAR AN APPROVED HELMET, THAT IS CORRECTLY FITTED AND FASTENED...

An Australian study from 2017 collated data from more than 60,000 bike crashes around the world and found that bicycle helmets reduce injury significantly. Conducted by the University of NSW, the study found that wearing a helmet reduced the risk of head injury by 51%, serious head injuries by 69% and facial injuries by 33%.