



### How to be seen clearly?

Make sure your clothing is appropriate for the time of day. During twilight and at night it is best to wear or carry something that is reflective or fluorescent so it's bright and shows up. If you wear a backpack it should also be bright and reflective, or covered with something bright and reflective such as a vest or cover.

#### What is reflective?

Reflective means that the material reflects light back so it can be seen. In the day it looks really dull and grey, but it sparkles brightly in the dark. If your clothes aren't reflective you can get reflective stickers, strips or bands.

#### What is fluorescent?

Fluorescent means it shows up very bright and clear in the daytime or at dusk, (but remember they don't show up any better than other colours in the dark). Fluorescent colours are vivid pinks, yellows, lime greens and orange. It's best to wear or carry something that is both fluorescent and reflective, then you can be seen clearly whatever the time of day, or type of weather.

### As a cyclist to ensure you are both safe and seen please follow these guidelines:

- Ensure your front light, rear light and rear red reflector are all working correctly and are clean.
- Wear high-visibility clothing.
- Take extra care, looking to the left of the road well ahead, so as not to be dazzled by oncoming traffic.

### Did you know?

By law you are required to have the following compulsory equipment when cycling at night or when visibility is poor:

- One or more steady or flashing rear-facing red lights that can be seen at night from a distance of 200 metres.
- One or two white or yellow headlights that can be seen at night from a distance of 200 metres. Only one of these headlights may flash.
- Pedal retroreflectors on the forward and rear-ward facing surfaces of each pedal. If the cycle does not have these the cyclist must be wearing reflective material.

### What to consider when using lights?

- Headlights should be attached to handlebars. Your lights can be a hazard if used incorrectly. You must not use cycle lighting equipment in such a way that it dazzles, confuses, or distracts so as to endanger the safety of other road users. Angling your front lights down toward the road helps prevent this.