



## **Addition Tips**

**1 Share the road.** Be aware of other users as they have a right to be there too.

**2 Maximize your visibility.** Wear reflective/bright/multi-coloured clothing; for riding at dusk or night, your bike should have front and rear reflectors and flashing lights, the brighter the better.

**3 Ride with at least one other cyclist.** If riding alone, inform an emergency contact of your route and times in case of trouble.

**4 Carry a cell phone** for use in an emergency.

**5 Carry emergency contact information.** Contact person and phone number; OHIP number or OHIP card; other identification information such as your Oshawa Cycling Club membership card.

**6 Choose a group that fits your abilities.** Attempting to ride with groups above your ability level will prove frustrating to both you and the other cyclists in the group.