

## Halifax Cycling Coalition

The Halifax Cycling Coalition is an organization dedicated to improving cycling conditions and raising awareness of cycling issues in the Halifax Regional Municipality.

The HCC believes that increased bicycle use has the potential to

- Reduce traffic congestion
- Reduce HRM infrastructure spending
- Improve our health
- Enhance our urban environment.

We want to change the circumstances that discourage bicycle use: inadequate cycling facilities, and lack of education for both cyclists and motorists.

We're currently looking for volunteers in various areas. Fill out the application on the back and become a member today. Join us in making Halifax a great cycling city.

Visit our website at [www.cyclehalifax.ca](http://www.cyclehalifax.ca) for more information.

### Talk to the City

HRM Cycling Web Page - [www.halifax.ca/cycling/](http://www.halifax.ca/cycling/)

Find out who your councilor is at <http://eservices.halifax.ca/districtLookup/>.

Write them an email today and let them know you want more focus on cycling issues.

### Pothole Patrol

Is there a dangerous pothole on your cycling route? Have you seen a "wrong way" sewer grate or a "bike awareness" sign that needs repair? If so, contact HRM Services and let them know. It's up to us to keep the city informed on road conditions that affect our safety. Be sure to mention you are a cyclist. We need to let the city know we use the roads too!

**HRM Services**  
**490-4000**



## Safety for Cyclists

### Get a headlight

If you're riding at night, you should absolutely use a front headlight. Even for daytime riding, a bright white light that has a flashing mode can make you more visible to motorists. LED headlights last ten times as long on a set of batteries as old-style lights.

### Ride a Straight Line

You might be tempted to ride in the parking lane where there are no parked cars, dipping back into the traffic lane when you encounter a parked car. This puts you at risk for getting nailed from behind. Instead, ride a steady, straight line in the traffic lane.

### Don't move left without looking first

Some motorists like to pass cyclists within mere inches, so moving even a tiny bit to the left unexpectedly could put you in the path of a car. Practice holding a straight line while looking over your shoulder until you can do it perfectly. Most new cyclists tend to move left when they look behind them, which of course can be disastrous.

### Avoid Car Doors

Ride far enough to the left that you won't run into any door that's opened unexpectedly. You may be wary about riding so far into the lane that cars can't pass you easily, but you're MUCH more likely to get doored by a parked car if you ride too close to it than you are to get hit from behind by a car which can clearly see you.

### Take a Can-Bike safety course

CAN-BIKE Courses teach riding skills, traffic analysis skills, and collision avoidance techniques. ([www.bicycle.ns.ca/education/](http://www.bicycle.ns.ca/education/))

## Safety for Motorists

According to the Nova Scotia Motor Vehicle Act, bicyclists have the same rights and responsibilities as motorists. Respect for the rights of all road users goes a long way towards avoiding collisions.

The majority of collisions involving bicyclists and motorists occur at intersections.

Many motorists misjudge the speed of bicycles. Experienced cyclists can travel at 25-35 km/h on a flat surface and up to 50km/h going downhill. It is easy to misjudge their speed and turn too soon, directly in front of the bicyclist. If it is not safe to pass before turning, slow down and move behind the cyclist before making the turn. DO NOT pass and cut!

Motorists making turns across oncoming traffic must watch for cyclists as well as motor vehicles. Too often, motorists misjudge the speed of an oncoming bicyclist and turn in front of them. Motorists should always stop and wait for oncoming traffic, including bicycles, to pass before turning.

Getting Doored - When exiting your car, look behind you for approaching bicyclists. Don't open your door unless it's safe to do so. Please keep in mind that bicycles are much more vulnerable in a collision. Motorists must realize that they are operating a large vehicle and with that comes the responsibility to ensure that it is safely operated.



[www.cyclehalifax.ca](http://www.cyclehalifax.ca)

## Halifax Cycling Coalition Membership Form

Bicycle/Motorist Safety

**Memberships (3 Years):** Payment options: Mail – Cheque Only / Cheque or cash accepted at general meetings or other HCC events.

**\$5 (Regular)**       \$ Donation \_\_\_\_\_

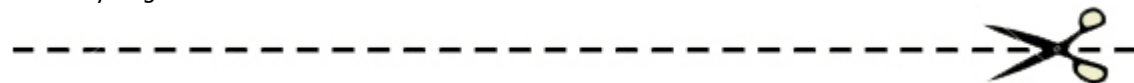
Name: \_\_\_\_\_ Date: \_\_\_\_\_

City: \_\_\_\_\_ Province: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Phone: (\_\_\_\_) \_\_\_\_\_ Or Email: \_\_\_\_\_

Disclaimer: All information collected is completely confidential and will only be used for HCC. The Halifax Cycling Coalition respects your right to privacy. HCC general meetings dates and times are subject to change. For up to date information visit our website [www.cyclehalifax.ca](http://www.cyclehalifax.ca).

Mail to Halifax Cycling Coalition ---



### Membership Survey

Age: Under 18 | 18 - 30 | 31 - 40 | 41 - 50 | 51 - 60 | 60+

How long have you been cycling in the HRM?       1-2 Years    3-5 Years    6-10 Years    +10 Years

What issues are important to you? What would you like to see the HCC focus on?

If you ride you bike to work, please answer the following questions.

Starting Postal Code \_\_\_\_\_ / Ending Postal Code \_\_\_\_\_ / Distance \_\_\_\_\_ km / Average Time \_\_\_\_\_

What main factor most prevents you from riding a bike to work more often? (Weather, distance, time taken, safety, lack of end facilities, etc)

Main routes taken (be as general or as specific as you like)

List the main choke points on your route? (Unsafe or difficult areas)



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