



Pedestrian and Cyclist Safety Tips



The BC Crime Prevention Association (BCCPA) in partnership with the Vancouver Police Department (VPD) are reminding pedestrians, cyclists, and drivers to follow the rules of the road in an effort to avoid tragedies this summer.

With the nice weather and summer months approaching, more and more people will be out for walks and cycling in the streets of Vancouver. BCCPA and VPD want to remind everyone that road safety is a priority, and it is everyone's responsibility to keep our roads safe by watching and being aware of all road users at all times.

Crashes involving pedestrians and cyclists increase from June to September. The VPD's traffic enforcement officers will be focusing their efforts on behaviours that put the safety of pedestrians and cyclists at risk.

In the Lower Mainland, an average of 450 cyclists are injured and three are killed from June to September every year.

"Everyone shares the responsibility of making sure people get where they are going safely," says Acting Inspector Ken Eng of the VPD's Traffic Section. "Collisions are preventable and we encourage pedestrians, drivers and cyclists to watch out for each other."

Pedestrians Tips:

- Always make eye contact with an approaching driver or cyclist before crossing the road, and assume they cannot see you.
- Wear bright reflective clothing at night or during poor visibility.
- Do not J-walk – cross roads at crosswalks and obey traffic signals.
- Pay Attention – don't text while walking.

Driver Tips:

- Actively watch for cyclists on the road - make eye contact with cyclists whenever possible to let them know you have seen them.
- Shoulder-check for cyclists before turning right and watch for oncoming cyclists before turning left.
- Before you or a passenger opens a vehicle door, shoulder-check for cyclists coming from behind.
- Before you pull away from the curb, make sure you shoulder-check for cyclists.
- If you need to cross a bike lane to turn right or to pull to the side of the road, signal well in advance and yield to cyclists.
- If you're entering the roadway from a laneway or parking lot, always scan for cyclists and other road users.

Cyclist Tips:

- Cycle responsibly.
- Plan your route before you go, give yourself plenty of time and choose bike lanes and paths where possible; if you're new to cycling, plan your cycling route and pick routes with less traffic - municipalities often have great maps of bike routes on their websites.
- Be aware of what's going on around you at all times and scan ahead for hazards like potholes, gravel, glass and drainage grates; watch for vehicles entering the roadway from laneways and parking lots.
- When turning, shoulder-check well in advance, hand signal and then, with both hands on the handle bars, shoulder check again before turning.
- Ride at least one metre away from parked vehicles to avoid being hit by an opening door or a vehicle pulling into your lane from the curb; use caution if you notice someone in the vehicle.
- Wear a helmet.
- It is illegal to cycle on most sidewalks and in crosswalks; it puts pedestrians in danger and drivers don't expect cyclists to enter the roadway from a sidewalk.
- Get a bell for your bike to help pedestrians hear you.
- When riding at dusk, dawn or at night, your bike must be equipped with a white headlight visible at 150 metres and a rear red light and reflector visible at 100 metres - consider adding more lights to be even more visible.