

CYCLING

Why is cycling important?

Cycling is a highly popular form of transport and recreation in Victoria. In fact, each week more than one million Victorians ride a bike¹.

How does cycling benefit our health?

- Low impact exercise which is good for heart and lung fitness
- A good muscle workout, using all of the major muscle groups
- Promotes strength and endurance
- Reduces body fat levels
- Reduces anxiety and depression and is an effective form of stress relief.

How does cycling benefit us and the community?²

- Eases congestion on roads and public transport
- Less expensive than running a car
- Environmentally friendly as it doesn't use fossil fuels, and it is quiet
- You experience a place by noticing more of your surroundings, the weather, the terrain and the environment.

A cycling safe world⁴

We are more vulnerable when we are cycling as we don't have the protection of a vehicle. The safety of the most vulnerable road users is everybody's responsibility, including drivers. No one should be killed or seriously injured while riding.

What would a cycle-friendly world look like?

- Lower speed limits
- Separated paths or lanes for cyclists
- Integrated network of cycling routes
- Secure bicycle storage facilities
- Mutual respect between cyclists and drivers.

What vehicle technologies can make cycling safer?

- Auto Emergency Braking (AEB)
- Reversing cameras
- Blindspot detection.

The law

To ride a bike, you need to abide by the following rules:

- You must wear a helmet that meet Australian Standards
- Your bike must be fitted with a bell or similar warning device
- A white front light, a red rear light and a red rear reflector are required when riding at night
- There are fines for riding without the above equipment. For more information about the laws that apply to cycling go to the VicRoads website: www.vicroads.vic.gov.au/safety-and-road-rules/road-rules/a-to-z-of-road-rules/bicycles

¹ Munro, C. (2017). National Cycling Participation Survey 2017: Victoria. Austroads; Sydney, Australia

² <https://www.betterhealth.vic.gov.au/health/healthyliving/cycling-health-benefits>

³ Transport for Victoria (2017). Victorian Cycling Strategy 2018-28: Increasing cycling for transport. <https://transport.vic.gov.au/ways-to-travel/walking-and-cycling/> <https://www.tmr.qld.gov.au/Travel-and-transport/Cycling/Benefits.aspx>

⁴ Transport for Victoria (2017). Victorian Cycling Strategy 2018-28: Increasing cycling for transport. <https://transport.vic.gov.au/ways-to-travel/walking-and-cycling/>