

Winter bicycling safety tips

All bicycle riders **must** wear a safety approved bicycle helmet, even in the winter months. Head injuries account for 75% of all deaths from bike injuries. Crashes can happen at any time or any place. Wearing a bicycle helmet can reduce the risk of head and brain injury by 85%

- Make yourself visible - wear bright coloured clothes and incorporate flashing lights and reflectors into your bike gear and clothing for the winter.
- Equip your bicycle with a headlight and tail light.
- Add winter wheels (studded) to your bicycle during the Winter, lower the tire pressure in your regular tires or ride a specialized winter bicycle.
- Check your brakes before you ride. You should be able to apply full force to your brake levers without the levers touching the handlebars.
- Winter ice and salt can destroy your bike if it's not well lubricated. Regularly lubricate your chain, brake callipers, cables and all moving parts with oil.
- Choose your route to work based on Winter road conditions. Remember that snow covered roads mean narrower thoroughfares.
- Keep your bike cold as a room temperature bike in new snow can cause ice to form on brakes & gears more easily.

For further information regarding the Bicycle Bylaw, please visit the City of Whitehorse website at:
www.whitehorse.ca/bicycles

Bylaw Services

305 Range Rd.

Whitehorse, YT, Y1A 3E5



Winter Cycling in the City of Whitehorse



Bicycle Safety & Regulations within the City of Whitehorse

Bylaw Services

Bicycle operation requirements

Operating rules:

- When riding a bicycle or a passenger on a bicycle or bicycle trailer, you must wear a helmet;
- A bicycle shall not be operated on a sidewalk in the central business district;
- A bicycle shall not carry more people on the bicycle at one time than the number of which it has been designed;
- When riding on the roadway during night time hours your bicycle must be equipped with at least 1 head light and one tail light;
- When riding a bicycle, a person shall not wear headphones in both ears;
- Two Mile Hill is designated a non-cyclist road, please use the multi-use trails on either side; and
- Children under the age of 12 years may ride on the sidewalk except in the central business district.

Traffic rules that apply to motorists also apply to cyclists

Benefits of riding in winter

Using a bicycle is the best way to have a zero emissions trip. A purely human powered vehicle is the healthiest and most environmentally friendly way to get around. Some things to think about:

- Cycling is associated with improved cardiovascular fitness, as well as a decrease in the risk of coronary heart disease;
- Cycling is good for your immune system;
- A 5km round trip will keep about 15 pounds of pollutants out of the air;
- Traffic and commute time is almost always the same; and
- With the cost in resources and energy that it takes to make one car, you could make 100 bicycles.

Motor vehicles sharing the road

(Motor Vehicles Act)

- When cycling on the road with another cyclist, no person shall ride beside another cyclist but ride directly in front or behind the cyclist;
- Both hands shall be kept on the handle bars except when making a signal to turn; and
- A person operating a cycle on the highway shall ride as near as practicable to the right hand curb or edge of the roadway.

Bicycles on buses

You can take your bike on Whitehorse Transit - everywhere we go.

Your bicycle loads easily on to the bike racks found mounted to the front of the Whitehorse Transit buses. Using the rack is easy. Bicycles are loaded and unloaded by you from the curb side of the bus. The bike rack holds two bikes firmly in place.



Biking near a bus route on cold winter days allows you to have bail-out points should the commute prove too long or laborious in the snow.

Bicycles are not permitted inside the bus and if the bike rack is full, cyclists may wait for the next available bus. Cyclists pay the regular passenger fare while their bikes ride free.

Have a safe cycling Winter!