

Let's follow the **Five Rules** for Safe Cycling!

When riding on sidewalks, pedestrians have the right of way.

Let's ride on the side of the sidewalk closest to the road. If it's crowded, let's get off the bicycle and walk it.



1

Cyclists must generally ride on the left side of the street. Ride on sidewalk only in exceptional cases, and pedestrians have the right of way on sidewalk.

Bicycles are considered vehicles, so they must be ridden on the road. Let's ride on the left side of the road. However, there are exceptions that allow riding a bicycle on the sidewalk.

Exceptions

- When this sign is posted



Exceptions when no sign is posted

- Children under 13
- Individuals aged 70 and older
- Individuals with physical disabilities
- When it is dangerous to travel on the road

2

Cyclists must obey traffic lights and stop signs at intersections and ensure safety.

At stop signs or places where "STOP" is written on the road, always come to a complete stop and check for safety to the left and right.

Even if there are no signs, slow down and check both sides for safety at places with poor visibility.

3

Turn on the lights at night.

By turning on your lights, you not only see what's ahead but also make other vehicles aware of your presence, enhancing safety.

4

Cyclists are prohibited from riding under the influence of alcohol.

Bicycles are considered vehicles.

You should never ride a bicycle after drinking alcohol, and children must not drink alcohol at all.

5

Cyclists must wear a helmet.

As of April 2023, all cyclists are encouraged to make an effort to wear a helmet.

A helmet is a piece of equipment that protects your head.

More than half of the people who died in bicycle accidents suffered fatal head injuries. (Statistics from 2021 to 2023 • Hyogo Prefecture)
Wear a helmet to protect your valuable life.



Wear a bicycle helmet .

1

All cyclists are encouraged to make an effort to wear a helmet.

2

Wear a helmet that has a safety certification mark.



Japanese Industrial Standard Mark



Safe Goods Mark



Japan Cycling Federation Approved Mark



Japan Cycling Federation Recommended Mark

There are other safety standards, such as European Conformity Mark (EN1078), Consumer Product Safety Commission Mark