

Safety Guidelines for Cyclists

自転車に乗るときに心がけるべきこと

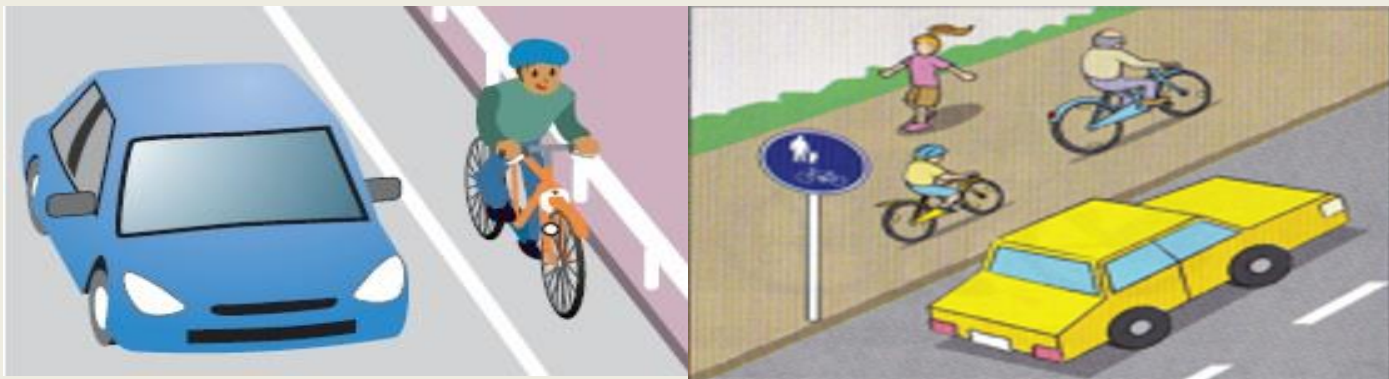
Five rules to follow to ensure safety when riding a bicycle

自転車の通行方法「自転車安全利用五則」を守りましょう

Rule 1

In principle, cyclists should ride on the road. Sidewalks should be prioritized for pedestrians, and only used by cyclists in exceptional cases. As bicycles are considered light vehicles, cyclists should ride on the left side of the road when there is a distinction between a roadway and a sidewalk. When using the sidewalk, cyclists must reduce speed and give pedestrians the right of way. You must stop temporarily if there is a risk of obstructing pedestrian traffic.

第一則 車道が原則、左側を通行
歩道は例外、歩行者を優先



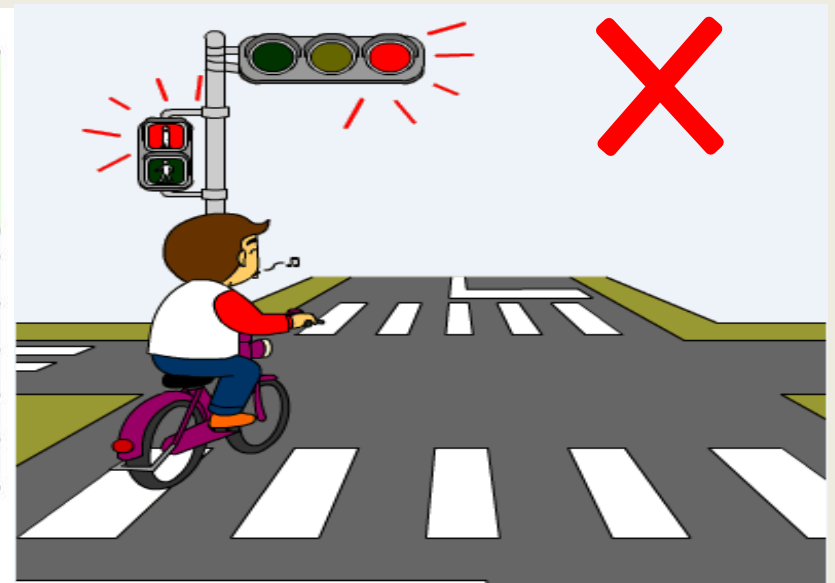
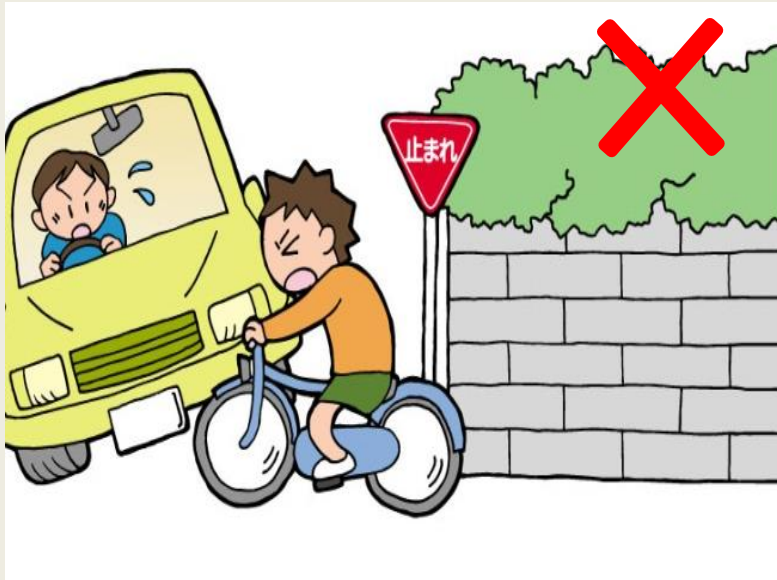
Rule 2

Cyclists must obey traffic lights and signs at intersections.

You should cross the road after the signal turns green. At intersections where there is a stop sign, you should stop and cross the road having first checked safety conditions.

第二則 交差点では信号と一時停止を守って、安全確認

★ 一時停止のある交差点では、必ず一時停止して、安全確認



Rule 3

Cyclists must use bicycle lights at night.

You should check that the lights are on before riding a bicycle.

第三則 夜間はライトを点灯
自転車に乗る前にライトが点くか点検しましょう。



Rule 4

Cycling after drinking alcohol is strictly prohibited.

第四則 飲酒運転は禁止

お酒を飲んだときは、自転車に乗ってはいけません。



Rule 5

Cyclists must wear a helmet when riding a bicycle.

In addition, persons responsible for protecting infants and children should ensure that they wear helmets when riding a bike or are placed in infant seats.

ヘルメットを着用

