

Cycling Rules and Manners

Thanks to Miyazaki's warm climate, many people choose to cycle to get around. Bicycles are an easy way not just to get to and from work or school, but also to pick up a few things from the local store or run errands. However, if you don't obey the rules and manners that apply when cycling, you could find yourself being fined, or causing a serious accident!



In this month's *Living In Miyazaki*, we'll explain a few of the rules and manners of safe cycling.



Five Key Rules for Safe Cycling:

1 – Bicycles should be ridden on the road

2 – In the following cases, however, you can cycle on the pavement:

i) If you are under 13 or over 70 years old, or disabled

ii) If the pavement is marked with a Cycling Permitted sign:

iii) If it is not possible to cycle along the road



Make sure to ride slowly, and not cause a nuisance for pedestrians.

3 – Cycle on the left-hand side of the road, never the right.

4 – Observe the following basic safety rules and laws:

- Drunk cycling, riding double and cycling side-by-side are prohibited.
- Use of phones or headphones while cycling is also prohibited by law.
- Riding one-handed or while holding an umbrella is also prohibited.
- Make sure to use lights at night.
- Observe all traffic signals, and stop to look before crossing an intersection.



5 – Children must wear helmets when cycling



※Parents should make their children wear helmets if they are under 13 years of age.

Cycling is an easy and convenient way to get around – make sure to follow the rules and ride safely!

• If you have any questions, comments or suggestions regarding this column, please contact the Miyazaki International Foundation (MIF):

TEL : 0985-32-8457 FAX : 0985-32-8512 Email miyainfo@mif.or.jp

• Also, if you ever have any questions or concerns about daily life in Miyazaki, please feel free to get in touch with the Miyazaki Support Center for Foreign Residents:

TEL : 0985-41-5901 FAX : 0985-41-5902 Email support@mif.or.jp