

Any problems?

Contact:

University of Lincoln Sports Centre
01522 886688

Mechanical Problems:

Halfords Lincoln Tritton
Tritton Road, Lincoln LN6 7AN
01522 513186

Useful Links:

Cycle Map: Lincoln and Surrounding Area

<https://www.lincolnshire.gov.uk/transport-and-roads/public-transport/access-lincoln/lincoln-cycle-hub/130594.article>

Other Maps of Lincolnshire

<http://www.visitlincolnshire.com/content/cycle-routes-lincolnshire>



CycLIN - A bit of advice

Bike Security

- Never leave your bike unlocked, even for a moment. Use the D lock provided to secure the bike to a fixed bike stand or an item of street furniture, such as railing or a lamp post. Do not secure it to a sign or post where it could be lifted off.
- Lock the bike through the frame and front wheel if possible. Never lock it through a wheel only.
- Leaving your bike unlocked will invalidate your insurance, leaving you liable for the full cost if the bike is stolen.
- If your bike is stolen, notify the police immediately and notify Sports Centre on the numbers overleaf as soon as possible.

Carrying loads

- If carrying heavy loads, ensure weight is distributed evenly, front & rear, left & right. Carry all items in cycle luggage designed for that purpose. A bike will behave differently when carrying loads - anticipate this.
- Do not carry heavy loads in a rucksack on your back.
- Do not overload your bike.
- Take care with light, bulky loads.
- Avoid carrying loads in your hands when cycling. Keep both hands on the handlebars, unless signalling.

Whilst riding

- Wearing a cycle helmet complying with EN1078 is recommended, particularly when riding in traffic or on slippery surfaces
- Wearing a Hi-Viz vest is recommended, especially after dark
- Do not cycle on roads or tracks you do not feel comfortable with
- To cycle safely, you must remain alert. Avoid distractions such as wearing headphones to listen to music or operating GPS devices or phones. If your phone rings, stop safely before taking the call. Take a rest if you are tired.
- Be prepared to get off and push if the situation requires it
- Find an alternative route or return with a friend on another occasion if you have concerns for your personal safety or security
- Be careful when riding near water. Keep a safe distance from the edge and watch out for anglers, pedestrians and other path users.
- Treat other users with respect on traffic free paths. Walkers, horse riders and other cyclists appreciate a warning of your presence. Be prepared to slow down or stop to let them pass
- Lift bikes carefully over obstacles and up and down steps etc. Avoid injury to yourself.
- On roads, follow the Highway Code.

Before setting out

- Plan the route in advance and if possible, take a quieter route avoiding traffic and take a map if you are unfamiliar with the area.
- Consider the location and nature of your journey and if there may be any concerns about travelling alone, such as rush hour traffic, road works, local diversions, unfriendly neighbourhoods and isolated locations etc.
- Ensure your bike is in good order by carrying out a simple check, particularly brakes, tyres and lights.
- Check the weather forecast if you are going out for more than a couple of hours.
- Dress for the weather and take wet weather gear if it might be needed. Take sun cream in good weather.
- Ensure you have food and drink if you are on a long trip
- Take lights if riding outside daylight hours.
- Make sure your mobile phone is charged before setting out.
- Take a multi-tool, pump and spare inner tube if you are able to use them.
- Don't drink alcohol or take drugs if you intend to ride. Consider the effects of any medication you may be using.

Allow plenty of time for your journey.