Security councils to practice mountain bike and road bike
(Adapted from the *Bicicleta Club de Catalunya* – www.bacc.info and the
Fédération Française du Cyclotourisme – *www.ffct.org* **)**

Search a safe route
Choose the routes depending on your physic capacity, your technique ability and the time that you have. Be respectful with the environment.

Cycling on the road
Be prudent and respect the circulation norms. Use always that you can the right lane, especially at night or in urban agglomerations.
Leave always a safety distance between you and vehicles and other cyclists.
In case of repairs on the road or animals witch cross the road, raise the arm correspondent to the side of the danger.

Before manoeuvring
Before stopping or reducing the velocity, be sure that you can do it without risk. Signpost the manoeuvre.In case of overtake or change the direction, do it slowly and safety, signposting it and being sure that you have been seen.
In lights or obligatory stops, the first of the file musts do the signpost, the others have to pass the message and stop in single file.
To turn right signpost with the right hand and situate you in the right of the lane.

At night you must be seen
It is very important, at night or with little light, to have luminous homologate elements in the bicycle and wear a luminous cloth.

Choosing the bicycle
It must be adapted to your technique ability and your corporal measured.

Have the bicycle in good conditions:
Before going out, check the tires, the brakes and the lights of the bicycle. Make it periodic reviews

For your tranquillity:
Contract a civil responsibility insurance. Have the emergency services telephone written down.

It is recommended:
Using the helmet can be useful in case of fall and The Traffic Law establishes the obligatory nature, for drivers and passengers of bicycles, of **using helmet in an inter-city routes**. But the real safety is based on the speed moderation and the respect between all users of the highway and mountain.