



Absafe Community Safety Bulletin

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Absafe Bulletin



CYCLING WITH CONFIDENCE

Team GB's recent Olympic cycling success in Rio may encourage us to get on our bikes - but it's important we're armed with the right information before we set off on the roads. British Cycling has produced some top tips to help you along the way and to help keep you safe.

Plan your journey before you set off

If you have a long ride ahead of you or if you are new to cycling and are likely to get tired before you reach your destination, alter your route to take this into account. This may mean using quiet roads or cycling facilities, such as off-road cycle paths, towards the end of your journey or stopping for a quick break. This might sound simple but accidents commonly happen towards the end of a ride. If you know your route well, you can plan the road ahead more effectively.

Anticipate the movement of other traffic

Some vehicles travelling in front of you may need to stop quickly. You need to leave enough distance between you and the vehicle ahead so that you can pull up safely if it suddenly slows down or stops.

Braking distances vary on bikes so know yours before setting off on the road. Remember to take account of the road conditions and weather and be mindful that it takes longer to stop on a bike than it does in a car. What is happening around you can change very quickly so make sure you stay aware of your surroundings at all times.



Think about your road positioning

To maximise your line of vision you are encouraged to cycle in primary position, ie, in the centre of the lane.

Monitor your speed and use your brakes effectively

It's great to use declines to build up some speed without exerting any energy, but to ensure you are in control and able to avoid any oncoming vehicles in your path, cycle at a safe and consistent speed.

Be aware and anticipate

Always be aware of what is happening around you. This includes vehicles on the opposite side of the road which can cut across your path, vehicles waiting to pull out of minor roads into the major road and vehicles moving out into your lane to avoid parked cars or swerving to avoid hazards. When passing side roads assess the intentions of other road users, for example, are they indicating?

Be seen

Move into the primary position to pass side roads if there is any danger in order to maximise the chances of you being seen. The Highway Code advises that you should wear light-coloured or fluorescent clothing in daylight and poor light conditions it also recommends reflective clothing and/or accessories in the dark.

Make sure you know the Highway Code regarding lights and reflectors - it is a legal requirement for you to have a white front and red rear light lit at night and to have a red rear reflector attached (in addition, amber pedal reflectors must be fitted if the bike was manufactured after October 1985.)



Communicate with other road users

Try to make eye contact with drivers and pedestrians to check whether they have seen you. If the other road user is not looking at you, they may not have seen you.

Avoid filtering when it will put you in conflict with other road users

Filtering is a useful way for cyclists to get ahead of queuing traffic. However, you should be aware when filtering past junctions as vehicles travelling in the same direction as you may give way to oncoming right turning traffic, which may well be out of your line of sight and may not be aware of your presence. Be extremely careful if passing an HGV, LGV or other long vehicle (for example, a coach or bus) on the inside. Avoid this if at all possible.

Check for a gap in the traffic when avoiding obstructions

If you can only avoid an obstruction by moving out into the flow of traffic, check over your right shoulder first to ensure you have room to move out. If a vehicle is travelling too close to you to allow this, slow down until you have a safe gap.

Cross tramlines and level crossings safely

If you need to cross tramlines do so slowly and as close to a 90 degree angle as possible to avoid tyres slipping into the gap and becoming trapped. The Highway Code advises cyclists to dismount where a 'Cyclist Dismount' sign is displayed. Finally, always remember to follow the Highway Code.

What's on at Absafe?

Absafe steps out at Celebrate Aberdeen festival

We were honoured to take part in the Celebrate Aberdeen showcase last weekend, with more than 130 other charities joining us on a special walk down Union Street.

Organised by a team of volunteers, Celebrate Aberdeen is a unique celebration which has been held in the city every summer since 2011. The parade element of the event was first held in 2011 and has brought together more than 3,500 people on each of the four occasions it has taken place.

The aim of the event is to celebrate our city's community spirit, volunteering and civic pride.



Volunteering at Absafe

With a busy calendar ahead of us, we need some volunteer support to help us provide our fun and engaging services. If you can spare some time to save lives, please contact us on volunteers@absafe.org.uk

Noteworthy Incidents:

Police Scotland has provided the following list of incidents which have occurred in your area this week as a snapshot of the current crime trends. All incidents are not recorded below, either for legal reasons or where there are issues of sensitivity. The statistics below should not be seen as an accurate reflection of all crime in your area but as a way of raising your awareness to crime in general. This in turn should allow you to take the appropriate safety/security steps to prevent yourself from being a victim of crime.

NORTH				
TIME PERIOD	LOCATION	CRIME TYPE	INFORMATION	
BUCKSBURN				
BRIDGE OF DON				
NORTHFIELD				
21/08/16	22/08/16	Heathryfold Circle	Theft	Entered unsecure motor vehicle and stole from within
25/08/16	25/08/16	Caperstown Crescent	In building with intent to steal	Entered garden of dwelling with intent to steal
MASTRICK				
19/08/16	19/08/16	Cornhill Shopping Arcade	Theft by HB	Forced entry to premises and stole from within
TILLYDRONE				
19/08/16	20/08/16	Dunbar Street	HBWI	Forced entry to premises with intent to steal
KITTYBREWSTER				
SEATON				
19/08/16	20/08/16	King Street	HBWI	Forced entry to premises with intent to steal
SOUTH				
CITY CENTRE				
21/08/16	21/08/16	Dee Place	Theft of vehicle	Stole moped from location
NIGG				
TORRY				
21/08/16	21/08/16	Abbotswell Road	On premises with intent to steal	Entered the curtilage of location with intent to commit theft

24/08/16	25/08/16	Kirkhill Road	Theft by OLP	Forced entry to vehicle and stole from within
HAZLEHEAD				
20/08/16	21/08/16	Angusfield Avenue	Theft by HB	Forced entry to premises and stole from within
ROSEMOUNT				
20/08/16	20/08/16	Oakhill Road	Theft	Entered unsecure van and stole from within
WEST END				
18/08/16	19/08/16	North Deeside Road, Pitfodells	Theft by HB	Forced entry to premises and stole from within

Key: HB - House Breaking

OLP - Open Lockfast Place

OLPWI - Open Lockfast Place with Intent

HBWI - House Breaking with Intent

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