

GUIDE TO
**WINTER
CYCLING
SAFETY**



BRAVE THE COLD!

Winter cycling may seem daunting at first; but with the right mindset, preparation, and safety measures, it can be a fantastic way to stay active and healthy throughout the year. Not only does cycling provide a low-impact form of exercise, but it's also a great option for eco-friendly transportation.

For those who are interested in taking up winter cycling, or for experienced riders looking to improve their winter riding skills, our guide is packed with helpful tips and checklists to weatherproof you and your bike. Our goal is to help you build confidence and feel safer on the road. So, let's put a stop to colder weather holding you back from enjoying the many benefits of cycling!

YOU'LL LEARN MORE ABOUT:

- 01** Rider Preparation
- 02** Bike Preparation
- 03** Winter Bike Maintenance
- 04** Winter Road Safety



RIDER PREPARATION

Preparing your mind and body is the first step in winter cycling. One of the most important rules to always remember: **BE VISIBLE!** Make sure you wear the brightest colours you can find, so that cars and other cyclists can spot you easily.



Temperatures can sometimes be unpredictable, so we recommend dressing in layers to ensure you stay comfortable during your ride.

Pick specific waterproof or weatherproof clothing. You can also repurpose your existing outdoor winter gear, like boots and even snowsuits.



You may want to look into glove liners if your hands get really cold. As long as you have mobility and grip in your hands, you're good to go.

Roads in the winter can be wet, icy, and unpredictable. Pack some extra gear (gloves and socks), just in case.



BIKE PREPARATION CHECKLIST



Get a tune-up at a local bike shop (make sure everything is functional and in good mechanical condition).



Make sure worn-out brake pads are replaced (these are essential for riding on wet or slushy roads).



In colder conditions, let a little air out of your bike tires to improve traction.



In icy conditions, use fat tires, treaded tires, or tires that are wider/have deeper tread for better traction and grip.



Add lights and reflectors to all sides of your bike to ensure visibility from any angle.



Invest in mud guards/fenders for your bike to prevent spraying yourself with water or debris from the road.

WINTER BIKE MAINTENANCE

Winter weather can sometimes be partnered with some pretty harsh road conditions, including salt and sand used for ice management. It is important to properly take care of your bike during the winter in order to ensure that your bike doesn't become corroded or damaged.



Try to build a habit of washing your bike down after every ride in the winter to remove any potential road debris; however, we recommend avoiding pressure washers.

Double check that your brakes are functioning properly. Effective brakes are an essential component of biking on wet and slushy roads.



Give your chain a quick wipe down after a wet or muddy ride. Lukewarm water with a little drop of regular dish soap helps to clean particularly gunked up chains.

If possible, store your bike indoors during poor weather. An alternative option could be investing in a waterproof bicycle cover or tarp.



WINTER ROAD SAFETY

In order to ensure a safe and enjoyable experience for anyone who is interested in winter cycling, we recommend keeping the following points in mind:

- Plan your desired route ahead of time, making sure to allocate ample time for the trip.
- Check the weather forecast to have an idea of what to wear and what the current road conditions may be.
- Always be visible - choose to wear bright colours and invest in bike lights and reflectors.
- Always pack an emergency kit with first aid materials, extra clothing, and emergency bike gear.
- Use hand signals and create eye-contact on roadways to ensure safe travel around pedestrians and vehicles.
- Be predictable with your movements to avoid confusion with others on roadways.

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"When I dress for the weather,
it is exhilarating to cycle in the
winter months. I tend to talk to
more people and feel more
connected to my community."

Sue Vince, Comox Valley



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NOW GET OUT THERE!

With the new tips and tricks you've learned from our guide, you're now better equipped to tackle the winter weather and enjoy all the benefits of cycling.

Your last step is to register for a free [LogMyRide](https://www.logmyride.ca) account at www.gobybikebc.ca and log at least one ride during Feb 6th-12th, 2023 to be entered in a prize draw.

What are you waiting for? Put on your helmet, grab your bike and hit the road this winter season!



Want to connect with us?



Special Acknowledgements:

- Suzie Cycles Winter Cycling Guide
- BC Ministry of Transportation and Infrastructure