



- The Japanese Government strongly recommends that a helmet is worn by all cyclists.
- Even if you ride slowly you can still die from falling off your bike.
- Wearing a helmet reduced the risk of head injury by 51%, serious head injuries by 69% and facial injuries by 33%.
 - *2017 study by the University of NSW. Sample size of 60,000 bike crashes, global.



Cycling on the **EXTREME** Footpath

- Should <u>only</u> do so when there is no cycle path or there is heavy traffic on the road.
- Be careful of driveways and sideroads as you are less visible.

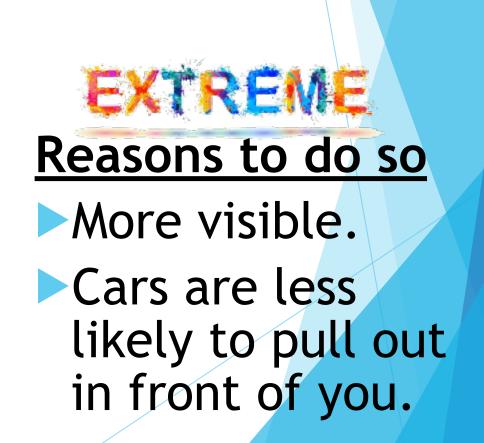


Keep left, but not too far left.

DO NOT CYCLE AGAINST TRAFFIC.

- Be confident.
- Follow the same rules as other vehicles.
- Street mirrors can be unreliable.
- Be careful around corners if taking them sharply.
- Use hand signals.







These roads, if quiet, are not too dangerous.

When **busy** they should be **avoided**.

- They are narrow and it's almost impossible to be safely passed.
- If you get sideswiped you'll fall far.







- "In Ogaki and Gifu City ice on the roads will be cleared by 8am at the latest." - Bike shop owner in Ogaki.
- Roads are generally clear of snow but footpaths are not.
- When cycling in snow or rain <u>use your</u> <u>lights</u>.
- Be careful of hazards hidden by puddles, such as potholes.

Night cycling

Use your lights. Do not wear black and wear brighter colours.







Insurance

In Gifu prefecture, you are legally required to enroll in liability insurance.

JET Accident Insurance covers both physical injury and damage to possessions of the injured party when the JET causes an accident. The possessions of the JET are not covered.

JET insurance also does not cover negotiation services.
The advice from the BOE is that JETs may want further insurance in order to cover all bases.



https://gifujets.weebly.com/bicycles.html

Cycling Tourism

Lake Biwa Shimanami-kaido (Near Hiroshima) Toyama Bay Gifu Routes Sekigahara Nakasendo



Rules and Tips

Don't drink and ride.

Don't use your phone or listen to music.

Bike bells are useless so just yell.

Register your bike.

- Use a quality bike lock.
- Accident issuance for damages and insurance for your bike if it's expensive.
- General bike maintenance, pumped tyres, clean chain, etc.
- Wear glasses to protect your eyes from rocks, bugs and other objects.



Follow these tips and you too can be...



