



Bike Safety

SDC II



EXTREME Helmet Wearing

- ▶ 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.



RADICAL



Cycling on the



Footpath

- ▶ Should only 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.



EXTREME

Cycling on the road

- ▶ 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.



EXTREME

Reasons to do so

- ▶ More visible.
- ▶ Cars are less likely to pull out in front of you.

EXTREME! Elevated Roads

- ▶ 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.



EXTREME

Weather Conditions

- ▶ “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 use your lights.
- ▶ Be careful of hazards hidden by puddles, such as potholes.



Night cycling

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



EXTREME

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>

EXTREME

Cycling Tourism

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



EXTREME Quick 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...



~~EXTREMELY~~ Survey

TOTALLY
RAD

Please do the survey
Please

WOW

COOL