

5. Don't be distracted.....stay in the moment!

Mobile phones, navigation equipment and entertainment, all create major distractions for drivers. Full concentration behind the wheel is vital when driving in the country, regardless of whether or not you have travelled this route before. Rural driving conditions change daily. Wildlife, roadworks, harvest seasons, weather, light and visibility throw in extra challenges. **So stay alert!**

Set your drive up for success and avoid being distracted by:

- Programming your GPS before starting the journey.
- Install the 'do not disturb' function on your phone.
- Put your phone out of reach such as in the glovebox or car boot.
- Turn your phone on silent, or turn it off completely when driving.
- Passengers – call out bad driving behaviour, but please don't distract the driver!

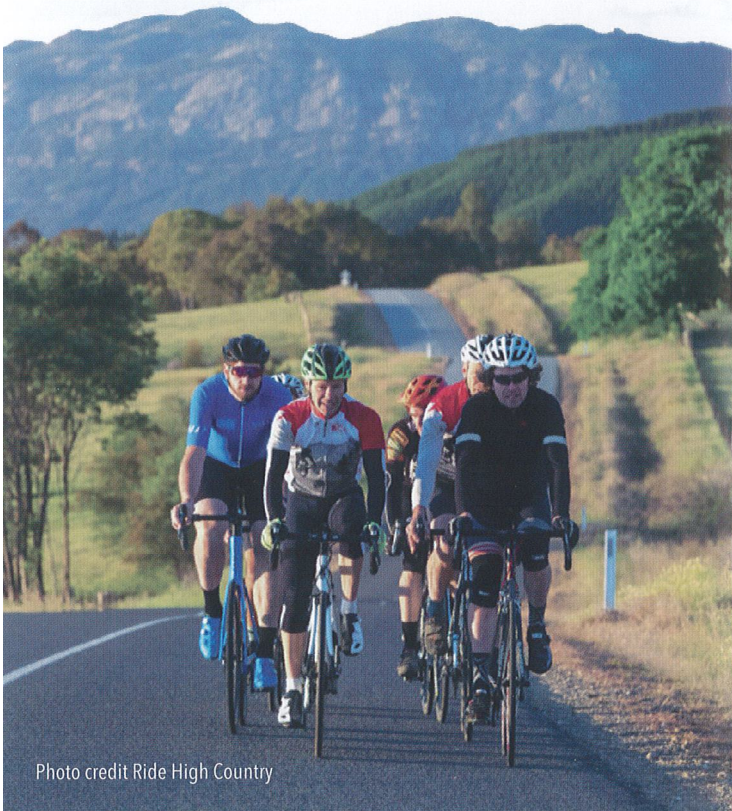


Photo credit Ride High Country

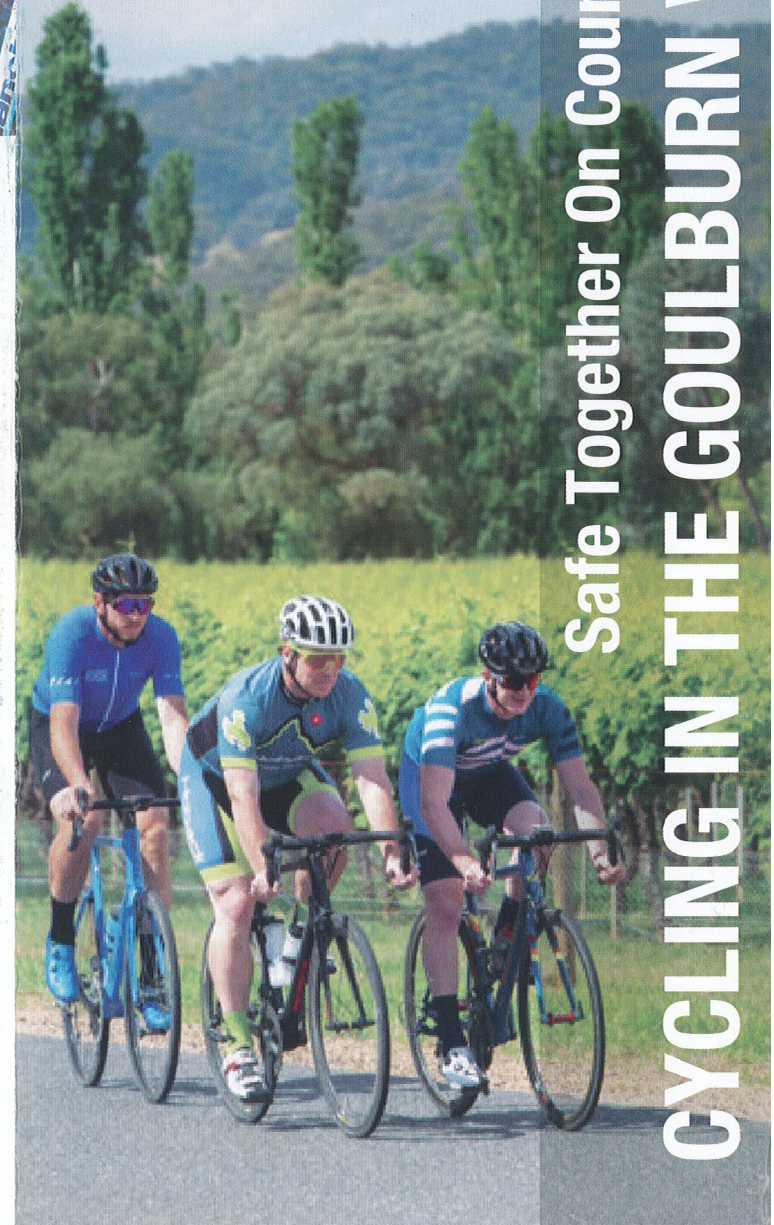
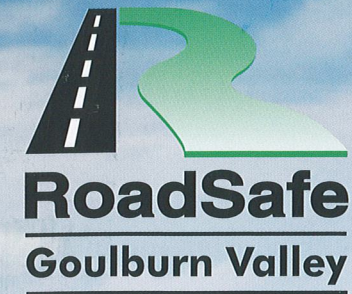
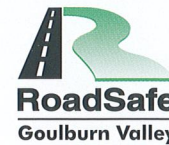


6. Back in town....keep that cycle-friendly vibe going!

All roads in the Goulburn Valley lead to fresh gourmet produce, hand-crafted wine & beer and locally roasted coffee! Chances are, you'll find a seat in a local cafe or bespoke brewery next to a cyclist or two or three! You've travelled the same roads and you're all here now to enjoy the same first class food &/or beverage experience!

Here's a few reminders for drivers arriving back at base:

- Check the rear & blind spot before opening the car door, using your mirrors and doing a manual head check.
- There are designated bicycle lanes in Country towns. Do not drive or park in either.
- If you are turning across a designated bicycle lane, you must give way to bicycle riders in these lanes look both ways.
- Always indicate when pulling out, changing lanes or turning, so bicycle riders are clear on your intentions.
- Look for bicycle riders turning right from the left lane of a roundabout.
- Drive with the expectation that cyclists are moving around town too...and just think that's one more parking space for you!



Safe Together On Country Roads
CYCLING IN THE GOULBURN VALLEY

Safe Together On Country Roads Brochure

RoadSafe Goulburn Valley - Looking after our vulnerable road users

The roads in Victoria's Greater Goulburn Valley are pretty spectacular, winding through forests, farm lands, vineyards and climbing local hills. Such a diverse and stunning landscape is a drawcard for visitors and especially road cyclists.

As **RoadSafe Goulburn Valley (RSGV)** we do our bit to keep shared respect & cycle-friendliness happening on our roads. We are committed to on-going road safety behaviour & education initiatives for all road users ~ **motor vehicle drivers, motorcyclists, & bicycle riders.**

Now, here's the thing - sometimes, somewhere, we as a driver, motorcyclist or cyclist can be the '**vulnerable road user**' especially on rural roads. Ever been the car approaching an oncoming semi-trailer on a narrow country road?the motorcyclist passing slower cars on winding & undulating scenic routes?... or the road cyclist being overtaken by any type of motor vehicle?

It's a given in this cycle-friendly region. You are going to see lots of cyclists on our roads. Mostly, they will be travelling a lot slower than you - so we've put together our **Top Tips to Keep Calm on Country Roads.**



Top Tips For Keeping Calm On Country Roads

1. Be aware.....don't be surprised to see a cyclist, they love our roads too!

Look out for cyclists. Don't be surprised to see lots of cyclists on our scenic roads. Cycling is growing in popularity and cycle visitors bring lots of \$\$\$ to our local economy and create jobs.

We know that visibility can be an issue on country roads, with sun, trees, rain, fog and low-light presenting many challenges to drivers. We encourage all local and visiting cyclists to make it easier for drivers to see them, by wearing brightly coloured clothing & ride with a rear flashing red light during the day.

2. Be patient.....keep calm and breathe!

Remember our vulnerable road users? This could be the cyclist that you are about to overtake at 100km/hr with only the air around them as protection. Please slow down when approaching cyclists. Stay calm, give a friendly wave.

If there's not enough space to pass, hold back. Only pass when it's safe to do so - when there's no vehicle approaching and the road ahead is clear. Please allow at least 1.5 metres safe passing distance, between the vehicle and the cyclist.

After overtaking, ensure you are well clear of the cyclist before moving back into the lefthand lane. PLEASE don't 'shave' or 'squeeze' past the cyclist. This is all sorts of scary and dangerous!

3. Be considerate of cyclists riding together.....it's a regional reality.

It may surprise you to know that legally cyclists are permitted to ride two abreast. It's also legal and safer to ride in bunches.

Riding two abreast gives cyclists a bolder physical presence on the road. And the best bit, it makes your job of looking for cyclists easier.

In the spirit of shared respect, we encourage cyclists to drop back to single-file on narrow alpine roads, or local one-car width sealed roads.

4. Yes, the speed limit says 100kms per hour...but...

At times on rural roads we ask that you take the edge off full throttle for safety's sake. There could be a cyclist around a corner you can't see around; or wildlife crossing the road.

Cyclists often choose the quieter back roads. So, please slow down significantly on a narrow one-car width sealed road, if you see cyclists. Move to the left so that two wheels are in the gravel shoulder, as you would for another vehicle.

This gives the cyclists plenty of room to remain safely on the sealed section. Road bike tyres are unstable on loose gravel.

Passing at high speed can throw rocks and gravel in the path of the cyclist. This can cause serious injury.

