



## TIPS FOR CYCLISTS

Operation Lifesaver and its safety partners want you to be safe when cycling near or crossing railway tracks.

### STAY SAFE; KEEP THESE SAFE CYCLING TIPS IN MIND:

- When you see a railway crossing, always expect a train - on any track, in any direction, at any time!
- Watch for warning signs and pavement markings as you approach the crossing.
- Plan your crossing well ahead of time, establishing your lane position early to make the crossing at the proper right angle. This lane position will depend on the angle of the tracks. Shoulder check and signal your intentions to following road users, including the fact that you may be slowing down.

- LOOK in both directions along the tracks. LISTEN for a train. PROCEED across the tracks ONLY after making sure that no trains are coming and that no warning devices are activated.
- If you see or hear a train coming, or if warning lights start flashing, STOP at a safe distance (no closer than 5 metres) from the nearest rail. Wait for the train to pass and the warning lights to stop flashing before proceeding.
- Watch out for a second train. When the last car of a train passes the railway crossing, do not proceed until you are sure that there is no train coming on another track, in the same or other direction.

### MORE TIPS

- Trains are wider than the tracks! Locomotives and railway cars extend beyond the rails on both sides. When a train is passing, stay at least 5 metres from the tracks, behind any gates or stop lines marked on the pavement.
- To cross tracks as safely and comfortably as possible, slow down, stop pedalling, put your cranks in a position horizontal to the ground, lift off your saddle, flex your arms and legs to absorb the shock, and keep both hands on the handlebars (do not signal as you cross the tracks). Another option is to put a foot down and ease your self over the track. You may choose this method when traffic is heavy and you cannot negotiate room to pull out into traffic, or when the tracks are wet from rain. In the case of multiple railway tracks, you can also choose to pull over to the curb, dismount and cross the tracks as a "pedestrian."
- On metal, as with wet leaves or oil - coast and steer straight. Putting force on the pedal or steering away from a straight line can cause the wheels to skid.
- Some railway crossings can be rough. Slow down and be careful - a bumpy crossing may cause you to lose control of your bike. You can fall crossing tracks even if you are an experienced cyclist.
- Be aware of tracks at the bottom of a hill where your speed may be high - with higher speeds you need more room to manoeuvre and there may be an accumulation of gravel or dirt which decreases traction. Slow down around tracks.

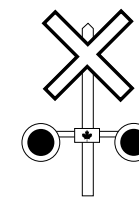
- Be conscious of others. Motor vehicles and pedestrians may be using the crossing at the same time as you are. Motor vehicle operators may not recognize the potential hazards related to cycling across tracks or your need to move out into traffic to cross at a safe angle.

Remember - an authorized railway crossing is the only place where it's legal for cyclists, pedestrians or vehicle drivers to cross railway tracks. Gravel service roads and green space beside railway tracks are usually railway property. It's illegal - and dangerous - to trespass on railway property!

### CONTACT INFORMATION

Contact Operation Lifesaver or your provincial safety council/league to schedule a free safety presentation. Certified Presenters are available to speak to students in schools and driver training classes, youth and community groups, company safety programs, and the general public. In addition, specialized presentations are available for educators, emergency responders, professional drivers, and recreational groups.

Please also consider joining the volunteers across the country trained to deliver Operation Lifesaver's safety message. For more information on how you can become an Operation Lifesaver Presenter, call Operation Lifesaver or your provincial safety council/league.



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