



# TRAFFIC SAFETY GUIDE FOR CYCLISTS

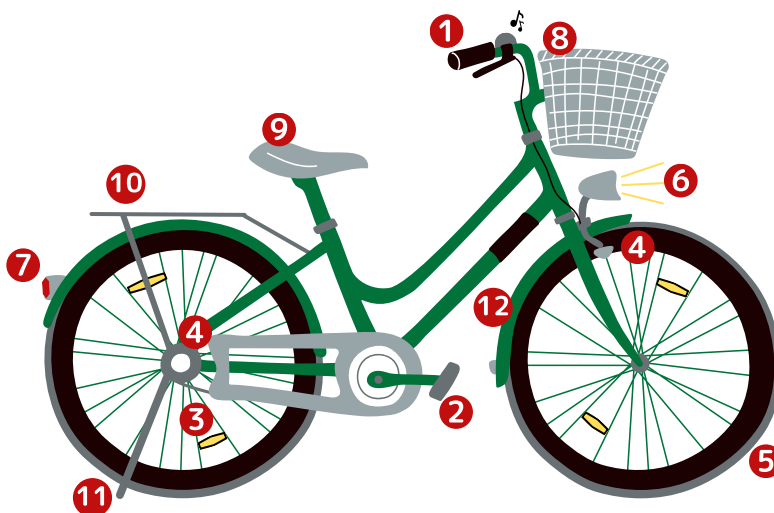
This document was created based on information from the Metropolitan Police Department and the Hokkaido Prefectural Police websites.



## BICYCLE SAFETY CHECK

**Before riding a bicycle, make sure to check the following points and adjust the bicycle if necessary.**

- 1** The handlebars are properly aligned with the front wheel
- 2** The pedals are not loose or bent out of alignment
- 3** The bike chain is not loose or rusted, and rotates smoothly
- 4** The front and rear breaks are working well
- 5** Both tires have enough air and the tread is not worn down
- 6** The headlight is bright when turned on
- 7** There is a working rear light, and reflectors on the rear and sides
- 8** All other bicycle parts are attached properly and in good working order
- 9** The seat is firmly fixed at a height where both feet can touch the ground
- 10** The load bearing frame is firmly afixed and undamaged
- 11** The bicycle stand stands firmly and moves smoothly without wobble
- 12** The mud guards are fixed firmly in place



### CAUTION!

**Pay extra attention when checking your bicycle if you didn't use it during winter.**

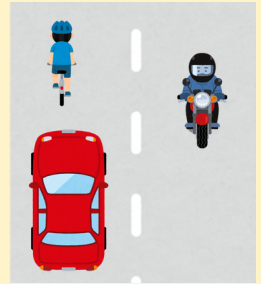




# FIVE RULES FOR SAFE BICYCLE USE

## 1 In principle, cyclists should stay on the road and only use sidewalks in exceptional cases.

- ◆ Bicycles are considered vehicles, so cyclists should cycle on the road as a general rule.  
**Penalty: Imprisonment for up to three months or a fine of up to 50,000 yen**
- ◆ Cyclists should ride on the left side of the road  
**Penalty: Imprisonment for up to three months or a fine of up to 50,000 yen**
- ◆ As an exception, you may ride on the sidewalk in the following cases
  - The sidewalk is signposted "Bicycles Permitted"
  - You are a child (under 13), elderly (70 and above), or a person with a disability
  - When there are narrow roads, roadworks, parked cars, and other such exceptional circumstances that make it difficult to ride on the left side of the road**Penalty: A fine of up to 20,000 yen or a petty fine**
- ◆ Pedestrians have the right of way on the sidewalk, so slow down when passing pedestrians and keep to the side. If you are at risk of obstructing pedestrians, make a full stop.  
**Penalty: A fine of up to 20,000 yen or a petty fine**



## 2 At intersections, obey traffic lights and stop signs, and check for safety

- ◆ Cyclists must obey traffic lights when riding on the road  
**Penalty: Imprisonment for up to three months or a fine of up to 50,000 yen**
- ◆ At intersections make a full stop and check both ways.  
**Penalty: Imprisonment for up to three months or a fine of up to 50,000 yen**



## 3 Always use your bike lights at night

- ◆ At night, use your bicycle lights and wear reflective gear  
**Penalty: A fine of up to 50,000 yen**



## 4 It is prohibited to ride a bicycle under the influence of alcohol

- ◆ Just as with driving a car, you should not ride a bicycle while under the influence of alcohol.  
**Penalty: Imprisonment for up to 5 years or a fine of up to 1 million yen (if riding while intoxicated)**



## 5 Wear a bicycle helmet.

Parents and guardians of children under the age of 13 must ensure that their children wear a helmet when riding a bicycle. All cyclists, not just children, are required to make an effort to wear a helmet.



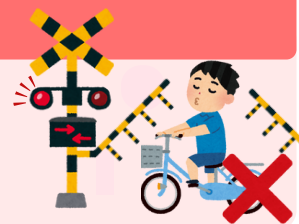


# Prohibited acts

## Entering an active railway crossing

Do not enter a railway crossing while the barrier is closing or the alarm is sounding.

Penalty: Imprisonment for up to three months or a fine of up to 50,000 yen



## Riding a bicycle with defective (or no) brakes

Brakes must be installed on both the front and back wheels

Penalty: A fine of up to 50,000 yen



## Holding an umbrella while cycling

When riding a bicycle, do not carry any objects, such as an umbrella, that may obstruct your vision or upset your balance

Penalty: A fine of up to 50,000 yen



## Using a mobile phone while cycling

You cannot hold a mobile phone and talk or text when riding a bicycle

Penalty: Imprisonment for up to 6 months or a fine of up to 100,000 yen (if driving while using a phone)



## Using earphones while cycling

You must not ride a bicycle while listening to music in any manner (earphones, etc.) that prevents you from hearing the sounds and voices around you that you need to hear to ride safely

Penalty: A fine of up to 50,000 yen



## Riding side by side

You cannot ride alongside other bicycles.

Penalty: A fine of up to 20,000 yen or a petty fine



**New penalties for dangerous cycling to prevent cycling-related accidents** while using your phone or under the influence of alcohol have been established since November 1st, 2024. For more information, please refer to the leaflet created by the Metropolitan Police Department.

[www.hiecc.or.jp/soudan/info/detail.html?pid=8730062336999](http://www.hiecc.or.jp/soudan/info/detail.html?pid=8730062336999)





## IF YOU GET INTO A TRAFFIC ACCIDENT

### 1 Stop cycling immediately.

### 2 Move your bicycle to the side in order to prevent obstructing other traffic.

### 3 In cases of injury, call 119 for an ambulance.

Stop any bleeding using a clean handkerchief or cloth, and provide support for the injured person until the ambulance arrives. However, do not move the person unnecessarily.

### 4 Call the police (110) regardless of whether anyone is injured or not.

Do not leave the site of the accident under any circumstance until the police arrive. As the operator of the vehicle, you are legally obligated to report the details of the accident to a police officer.



## ENROLLING IN ACCIDENT INSURANCE

### Cyclists should purchase personal accident insurance to cover any accidents

- In the event of a bicycle accident, the cyclist may be held liable for large amounts of damages.
- Please check with your insurance provider to see if you are already covered for bicycle accidents.



## HOW TO PREVENT BICYCLE THEFT

### 1 Always double lock your bicycle!

Bicycle thieves want to be able to steal a bike in a short amount of time. Using a two-lock system, such as a chain or u-lock in addition to the regular lock, is effective in preventing this.

### 2 Use caution even in bicycle parking areas! Attach your bike to fixed objects where possible.

### 3 Always register your bicycle!

Completing the "Bike Theft Prevention Registration" helps prevent theft and identify the owners of abandoned bicycles. It is highly recommended that you register your bicycle.



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防犯登録証  
北海道警察