



# BE BRIGHT BE SEEN

Colder weather and darker nights doesn't mean an end to your active commute for the year. You can still make the most of the outside this winter, whilst having fun and staying safe.

# HERE ARE OUR TOP TIPS FOR BEING BRIGHT AND BEING SEEN DURING THOSE SHORTER DAYS.

## BE BRIGHT

Before setting off, pop on some high-vis clothing and check your bike lights work. The nights quickly draw in, so it is best to be prepared. It's also a legal requirement to have white front and red rear lights at night on your bike, plus a rear red reflector.

## DRESS APPROPRIATELY

Invest in some stylish and functional outerwear, including a lightweight waterproof jacket. Many of these jackets are so convenient that you can easily carry them in your backpack, ready to combat unexpected showers.

## STAY WARM

For those chilly days, keeping your hands warm when walking or cycling is a good idea. If you are cycling though, ensure you can still brake, change gear and grip your handlebars well.

## LAYER UP

Opt for multiple thin layers instead of one thick one when dressing for your active commute. This way, you can easily adjust your clothing as needed by adding or removing items to stay comfortable and adaptable.

## TAKE CARE OF YOUR BIKE

When you arrive at your destination, it would be a good idea to give your bike a quick wipe-down to remove any dirt and grit. This will help keep your bike in good working order.

## GET A GRIP

When cycling in the winter, you will benefit from plenty of tread on your tyres especially in the wetter weather. By having a good grip, you will lessen the likelihood of skidding and slipping.

## CHECK YOUR POSITION

Debris and puddles are likely to form in the gutter so if cycling, choose your position wisely. Damp leaves and manhole covers can be particularly slippery too, so take extra care around these.

## BE SAFE, NOT SORRY

If the conditions are particularly bad for walking or cycling, then put your bike or trainers away and wait for better weather. You could always try taking the train or bus to work instead.

If you'd like any further advice for staying safe while travelling actively this winter, we'd be happy to help.