



## SHARE THE ROADS

Keep everyone safe and respect others out and about

(by Senior Constable Adele White, Counties Manukau East Police)



Day light saving has got us all out trimming up from summer. The cycles, shorts and running shoes have all been dusted off as we make the most of the extra hour or two of sunlight.

For many, it's a daily walk around the block or along the one of the many wonderful walkways we have in our area. For others it's harder run with the more serious intention of taking up a summer sport or even competing in a marathon. Triathlon competitors will of course be incorporating some long distance cycling into their daily training.

Regardless of how we use the roads we must adopt a road sharing culture to ensure all road users stay safe.

This involves considerate use of both roads and footpaths. The law clearly states that cyclists should ride on the road or use cycle ways where possible.

There is often conflict on the road, sometimes caused by impatient motorists sitting behind cyclists and at other times caused by cyclists riding more than two abreast and not keeping left. Cyclists have a right to space on the road and can feel threatened by inconsiderate driving. Signalling their intentions to other road users and wearing bright coloured or reflective clothing to make themselves visible will allow them to feel safer.

- **Be safe,**
- **Been seen,**
- **Respect other road users.**

Similar issues can occur when runners choose to run on the road or a large group of runners dominate the footpath. Joggers must adhere to the road rules for pedestrians, check driveways for exiting vehicles, and take extra care at intersections.

Awareness of other pedestrians and their abilities is important. Elderly and young pedestrians are not able to move quickly out of the way.

Those out running or walking should make sure they can be seen by wearing reflective clothing, belts or bands especially in the early morning and as the sun goes down.

Be safe, been seen, and respect other road users.

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