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**THE CORPORATION OF THE CITY OF MISSISSAUGA**

**MISSISSAUGA CYCLING ADVISORY COMMITTEE**

**TUESDAY, SEPTEMBER 11, 2012 - 7:00 PM**

**COMMITTEE ROOM A**

2<sup>ND</sup> Floor, Civic Centre  
300 City Centre Drive, Mississauga, ON L5B 3C1  
Internet Address - <http://www.mississauga.ca>

Members:

Jeff Wachman (**Chair**)  
Don Stephens (**Vice-Chair**)  
Allan Harder  
Darrin Wolter  
David Bell  
Donnie Morris  
Dorothy Tomiuk  
Ghada Hamouda  
Irwin Nayer  
Krista Lethbridge  
Rajendra Singh  
Syed Ali

Council Representative:

Councillor C. Fonseca

Agency Representatives/City Staff

Region of Peel: Erica Duque, TDM Analyst

Community Services: Kimberly Richardson, Sports Liaison

Transportation & Works: Wendy Alexander, Director, Transportation and  
Infrastructure Planning  
Steve Barrett, Manager, Transportation Asset Management  
Jacquelyn Hayward Gulati, Manager, Cycling Office  
Andy Bate, Supervisor, Traffic Operations  
Jacqueline Hunter, Cycling Technologist

Planning & Building Department: Paulina Mikicich, Policy Planner

Corporate Services Department: Stephanie Smith, Legislative Coordinator, Office of the  
City Clerk

CALL TO ORDER

DECLARATIONS OF DIRECT (OR INDIRECT) PECUNIARY INTEREST

PRESENTATIONS/DEPUTATIONS:

MATTERS TO BE CONSIDERED:

1. Administrative Matters:

1.1 Items to be added under "Other Business"

1.2 Minutes of Previous Meeting – July 10, 2012

RECOMMEND APPROVAL

2. Mississauga Cycling Advisory Committee Budget Update

Committee to discuss the Mississauga Cycling Advisory Committee 2012 budget.

3. Communications and Promotions Subcommittee

Krista Lethbridge, Citizen Member to provide a verbal update regarding the Communications and Promotion Subcommittee Committee.

4. Network and Technical Subcommittee

Donnie Morris, Citizen Member to provide a verbal update regarding the Network and Technical Subcommittee.

5. Tour de Mississauga Subcommittee

Dorothy Tomiuk, Citizen Member to provide a verbal update regarding the Tour de Mississauga.

6. Region of Peel Cycling Study

Erica Duque, TDM Analyst to address the Mississauga Cycling Advisory Committee on the Region of Peel's cycling study.

7. Velo-City Global Cycling Conference - June 2012

Jacquelyn Hayward Gulati, Cycling Manager to discuss the VeloCity Global Cycling Conference - June 2012

8. Speaker for Public Event

Jacquelyn Hayward Gulati, Cycling Manager to provide a verbal update on a speaker for the public event.

9. Pilot Project for Pavement Markings Where Multi-use Trails Cross Busy Driveways

Jacqueline Hunter, Cycling Technologist to provide a verbal update to the Mississauga Cycling Advisory Committee on the pilot project for pavement markings where multi-use trails cross busy driveways.

8. 2012 Calendar of Events

Committee Event Calendar to advise of cycling related events in 2012.

RECOMMEND RECEIPT

9. 2012 Action List

Action List of the meeting held on June 10, 2012 provided to Committee to update on the status of initiatives raised at prior meetings.

RECOMMEND RECEIPT

10. Information Items

10.1 Toronto Star – Peel Region Cycling: 46,000 More Bike Rides in Five Years

Mississauga Cycling Advisory Committee to review the Toronto Star – Peel Region Cycling: 46,000 More Bike Rides in Five Years article

10.2 How We Roll – CAA Magazine - Fall 2012

Mississauga Cycling Advisory Committee to review the How We Roll – CAA Magazine - Fall 2012 article.

RECOMMEND RECEIPT

Date of Next Meeting – October 9, 2012

OTHER BUSINESS

ADJOURNMENT

SEP 11 2012



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**THE CORPORATION OF THE CITY OF MISSISSAUGA**

**MISSISSAUGA CYCLING ADVISORY COMMITTEE**

**TUESDAY, JULY 10, 2012 - 7:06 PM**

**COMMITTEE ROOM A**

2<sup>ND</sup> Floor, Civic Centre

300 City Centre Drive, Mississauga, ON L5B 3C1

Internet Address - <http://www.mississauga.ca>

Members Present:

Jeff Wachman (**Chair**)

Councillor C. Fonseca

David Bell

Dorothy Tomiuk

Darrin Wolter

Ghada Hamouda

Irwin Nayer

Krista Lethbridge

Donnie Morris

Syed Ali

Rajendra Singh

Members Absent:

Don Stephens (**Vice-Chair**)

Allan Harder

1.a  
City/Regional Staff Present:

Jacquelyn Hayward Gulati, Manager, Cycling Office  
Andy Bate, Supervisor, Traffic Operations  
Jacqueline Hunter, Cycling Technologist  
Erica Duque, TDM Analyst, Region of Peel  
Stephanie Smith, Legislative Coordinator, Office of the  
City Clerk

CALL TO ORDER - 7:06p.m.

DECLARATIONS OF DIRECT (OR INDIRECT) PECUNIARY INTEREST - Nil

PRESENTATIONS/DEPUTATIONS

Region of Peel and Area Municipalities Joint Research Project in Bicycle Data Collection

Kyrylo Rewa, Transportation Engineering Master's Candidate presented to the Mississauga Cycling Advisory Committee (MCAC) the Region of Peel's and area municipalities' joint research project bicycle data collection.

Mr. Rewa gave an overview of the application for active transportation and their objectives. The purpose of the project is the need to find balance transportation options and increase active transportation. Mobile GPS units are used to collect data, log cyclists' trips and have the ability for cyclist to flag hazards on their trip. The GPS units are available to Mississauga, Brampton and Caledon residents for a two week period and are available to pick up at the Glass Atrium July 25, 2012.

Members of MCAC asked who is eligible, how to register and how they decide who can partake in the study and their measures to ensure the data is not skewed.

RECOMMENDATION

That the presentation made by Kyrylo Rewa, Transportation Engineering Master's Candidate, University of Waterloo regarding the Region of Peel and area municipalities Joint Research Project in Bicycle Data Collection be received for information.

Received (K. Lethbridge)  
Recommendation MCAC-0043-2012

Credit River Parks Strategy

Mark Howard, Planner, Long Term Planning and Mark Schollen, Principal, Schollen and Company presented to the Mississauga Cycling Advisory Committee (MCAC) the Credit River Parks Strategy.

Mr. Howard and Mr. Schollen outlined the overview of the 25 year Credit River Park Strategy Master Plan, identified their study areas and addressed future potential trail connections that tie into the Cycling Master Plan.

Members of MCAC expressed support in the potential trail connections and asked how the Committee could assist in making their recommendation move forward. It was suggested that MCAC prepare a letter in support or make a deputation before Council.



1.C

RECOMMENDATION

That the presentation made by Mark Howard, Planner, Long Term Planning regarding the Credit River Parks Strategy be received for information.

Received (Councillor C. Fonseca)  
Recommendation MCAC-0044-2012

Living Green Master Plan

Mary Bracken, Environmental Specialist presented to the Mississauga Cycling Advisory Committee (MCAC) the Living Green Master Plan.

Ms. Bracken outlined how the Living Green Master Plan is linked to the Strategic Plan and identified 6 priorities. To raise public awareness, Let Your Green Show was created and is a three phase program. The phases are; Grow Local/Eat Local (Summer 2012), Use less Water (Spring 2013) and Give your Car a Break (Spring 2013). The program is a web based program that tracks and compares and gives an award to the greenest Ward in Mississauga.

RECOMMENDATION

That the presentation made by Mary Bracken, Environmental Specialist regarding the Living Green Master Plan be received for information.

Received (D. Morris)  
Recommendation MCAC-0045-2012

MATTERS TO BE CONSIDERED:

- 1. Administrative Matters:
  - 1.1 Items to be added under "Other Business" - Nil
  - 1.2 Minutes of Previous Meeting – June 12, 2012

Approved (D. Bell)

2. Communication and Promotion Subcommittee

Krista Lethbridge, Citizen Member provided a verbal update regarding the Communications and Promotion Subcommittee. Ms. Lethbridge mentioned that the safety readerboard messages are currently out and running. The sub-committee will also be looking at reorganizing the website at their next meeting.

Members of the Mississauga Cycling Advisory Committee suggested to add a safety slogan on the back of the tour t-shirts such as "Look at For Me". The Communication and Promotion Subcommittee will ask Don Stephens to design.

3. Network and Technical Subcommittee

Donnie Morris, Citizen Member gave a verbal update on projects that the Network and Technical Subcommittee are working on.

Mr. Morris provided an update regarding the Ward Ride and indicated that Ward 9 was cancelled due to a heat advisory. He also indicated Ward's 11 and 7 had great turnouts.

Members of the Mississauga Cycling Advisory Committee suggested creating Ward Ride passports to encourage residents to ride each Ward Ride and at the end of the season they would be entered into a draw. This concept can be looked at for next year. This would create interest in the Community and attract more riders to participate.

Councillor Fonseca mentioned that the safety reflectors handed out at the Ward 7 ride was a success. It was suggested when Committee members are riding the Ward rides they should be spread out according to the riders skill ability. A statement mentioning helmet use should be added to the Committees website.

Erica Duque, Region of Peel asked the Committee if they would be interested in handing out bells to riders as the Region could supply them. The Committee was very interested.

4. Tour de Mississauga Subcommittee

Dorothy Tomiuk, Citizen Member provided a verbal update on the status of Tour de Mississauga taking place on Sunday September 16, 2012.

Ms. Tomiuk discussed the Tour de Mississauga budget and mentioned that they have had success with all sponsors involved. She asked the Committee's support in purchasing sticker arrows to be placed on the road instead of spray paint. She noted that Carnival Meats will be catering the event again this year. The Sub-Committee also approved this year's poster and that 60 people have already registered. She noted that a new banner will need to be created with this year's new sponsors.

1.e

5. Quarterly Report of the 2012 Cycling Network Program

Jacquelyn Hayward Gulati, Manager, Cycling Office distributed a memorandum dated July 10, 2012 regarding the 2012 proposed Cycling Network Program. Committee members reviewed and discussed the memorandum.

RECOMMENDATION

That the memorandum dated July 10, 2012 from Jacquelyn Hayward Gulati, Manager Cycling Office regarding the 2012 Proposed Cycling Network Program be received for information.

Approved (K. Lethbridge)  
Recommendation MCAC-0046-2012

6. Green Passport

Members of the Mississauga Cycling Advisory Committee discussed the email dated May 28, 2012 from Dave Krentz, Editor, Green Passport. Jacquelyn Hayward Gulati, Manager, Cycling Office thought it was a good idea to use some of the trail maps and will be in contact with Mr. Krentz.

RECOMMENDATION

That the email dated May 28, 2012 from Dave Krentz, Editor, Green Passport regarding Green Passports Port Credit be received for information and referred to staff.

Received (Councillor C. Fonseca)  
Recommendation MCAC-0047-2012

7. Cycling Safety – Coroner’s Report

Members of the Mississauga Cycling Advisory Committee discussed the email dated June 19, 2012 regarding the Cycling Safety – Coroners Report.

Conversation ensued regarding the implementation of a one-meter rule when drivers are passing a cyclist and the endorsing of mandatory use of a helmet. Committee members expressed different point of views whether or not helmet use should become mandatory.

RECOMMENDATION

That the email dated June 19, 2012 regarding Cycling Safety – Coroner’s Report be received and referred to the Communication and Promotions Subcommittee to prepare a draft response.

Received (D. Bell)

Recommendation MCAC-0048-2012

8. Great Waterfront Trail Adventure - Mississauga Stop

Councillor Chirs Fonseca mentioned that on Sunday July 15, 2012 she will be riding in the Great Waterfront Trail Adventure from Oakville to Mississauga. It was indicated race information will be forward to the Committee.

9. 2012 Calendar of Events

The Mississauga Cycling Advisory Committee (MCAC) reviewed the 2012 calendar of events.

It was noted that the Ward Rides in wards 2, 4 and 9 have to be rescheduled.

RECOMMENDATION

That the 2012 calendar of events regarding Mississauga cycling related events in 2012 be received for information.

Received (K. Lethbridge)

Recommendation MCAC-0049-2012

10. 2012 Action List

The Mississauga Cycling Advisory Committee (MCAC) discussed the action list and eliminated items that have already been addressed.

RECOMMENDATION

That the 2012 calendar of events regarding Mississauga cycling related events in 2012 be received for information.

Received (Councillor Chris Fonseca)

Recommendation MCAC-0050-2012

1.9

Other Business

Councillor Fonseca mentioned that a resident ask her if the City of Mississauga had a bike mentoring program for new citizens. Councillor Fonseca ask if there was a program in place or is there anything funded by the Province.

Erica Duque, TDM Analyst, Region of Peel noted that there is a program already developed and will bring back more information to the Committee.

ADJOURNMENT – 9:37p.m.

## 2012 MCAC EVENT CALENDAR

<u>EVENT</u>	<u>EVENT DATE</u>
Toronto International Bicycle Show	March 2 to 4 COMPLETED
Spring Into Cycling Workshop	May 5 <sup>th</sup> – Burnhamthorpe Library COMPLETED
Phil Green Recognition presentation at Council	Wednesday May 9 <sup>th</sup> COMPLETED
Peel Active Transportation Plan	Wednesday May 9 <sup>th</sup> COMPLETED
Monthly Ward Bike rides	June 1 – Ward 2 – To be rescheduled June 8 – Ward 8 – Completed June 15 – Ward 11 - Completed June 22 – Ward 7 - Completed June 29 – Ward 4 - To be rescheduled July 6 – Ward 9 - To be rescheduled August 10 – Ward 1 – Completed August 24 – Ward 5 – Completed September 7 – Ward 6
Bike to Work Day	May 28 <sup>th</sup> COMPLETED
Bloor-Dixie Festival	June 16 <sup>th</sup> COMPLETED
Canada Day Celebration	July 1 <sup>st</sup> COMPLETED
Great Waterfront Trail Adventure, Mississauga stop	July 15 <sup>th</sup> COMPLETED
Tour de Mississauga presentation to Council	September 12 <sup>th</sup>
Tour de Mississauga Registration Day	September 15 <sup>th</sup>
Tour de Mississauga	September 16 <sup>th</sup>

## Mississauga Cycling Advisory Committee Action List- July, 2012

<b>Issue</b>	<b>Last Discussed on</b>	<b>Who</b>	<b>Status</b>
Speaker for Joint Sponsor Public Event	July 10, 2012	Cycling Office Manager	- <b>Tentative date to be set</b>
Evaluate Ward Rides	July 10, 2012	MCAC	- <b>To debrief all Ward Rides at end of season.</b>

Mississauga Cycling Advisory Committee  
AUG 14 2012

**Stephanie Smith**

Mississauga Cycling Advisory Committee  
SEP 11 2012

**Toronto Star**

**Peel Region cycling: 46,000 more bike rides in five years**

thestar.com | Jul 29th 2012 San Grewal

If you build it they will come: It worked in Hollywood fiction, drawing legendary baseball players to an Iowa farm in Field of Dreams. But will it attract more cyclists in Toronto's swelling suburbs?

Peel Region hopes so and has launched an ambitious program to increase the number of daily bike trips by 46,000 rides in five years. (In 2006, there were 2.3 million total daily trips made by Peel residents. Five per cent, or 115,000, of those trips were either cycling or walking trips, the rest were made using vehicles.) And while for years building bike lanes was seen as the right thing to do, traffic congestion and intensification are now driving the change.

"There's a considerable increase in traffic volume," explains Wayne Chan, Peel's manager of Transportation Planning. "We need to change people's behaviour — how can we provide a better environment for people to cycle?"

On Wednesday the region handed out the first of 250 GPS units to cycling volunteers across the region. The routes they take, when they use them, the speed they travel and how frequently they ride will all help Chan and his staff try and achieve their five-year goal.

Over the next 20 years, the region plans to build 480 kilometres of bike paths and lanes in addition to the 600 to 700 kilometres planned by the City of Mississauga. Brampton has yet to set a target, but Chan hopes it will be similar to Mississauga's. With massive population growth in the region he says the initiative is a priority.

Peel's population has gone from about 750,000 residents in 1991 to almost 1.4 million projected in 2013.

"To give you an idea of traffic increases, from 2001 to 2011 the volume crossing the Peel and Toronto boundary went up by 20 per cent," Chan says.

Main arteries such as Hurontario St. along Mississauga's city centre and Queen St. in Brampton commonly see bumper-to-bumper traffic during busy periods of the day.

"Mississauga is running out of vacant land, they're looking now to intensification. Downtown Mississauga and downtown Brampton are looking to be more like downtown Toronto. They want a better environment for people to cycle."

Scott Doel is the manager of Gears Bike Shop in Mississauga. He says the culture in the area is changing.

"Bike commuting has really increased over the last three years. More people are deciding to leave the car at home. But with the sheer volume of cars there's unease about riding in traffic."

The lack of cycling infrastructure is the biggest problem.

"You see a lot of (car) drivers yelling, 'Hey, get on the sidewalk', but that's illegal. We have to change that attitude."

Chan believes education and infrastructure are the keys. Jeff Wachman, Chair of the Mississauga Cycling Advisory Committee says the infrastructure investment has to be significant to shift the culture.

"Every single city in Europe and North America where they build major cycling infrastructure, people use it."

He questions whether Peel has the necessary population density yet to see a significant shift away from the car, but believes around Mississauga's and Brampton's city centres there's enough congestion to motivate people who want to leave their cars at home.

He's one of the GPS volunteers and commutes to work twice a week by bike.

"A big problem in Peel is that a lot of people live so far away from their work and with the lack of cycling infrastructure it's more convenient to use a car."



10.1 a

Chan says the region's initiative will slowly change the dominant car culture of the suburbs. One of the objectives is to dramatically decrease the number of single person car trips. "There are a lot of small trips by car, less than five kilometres. It doesn't make sense to drive two or three kilometres to the gym and then get on the stationary bike." According to regional data, for trips of less than two kilometres, automobiles are used more than 70 per cent of the time.

The data from the GPS units will be gathered after the volunteers cyclists are finished with them in October. Regional staff will then start to plan where new lanes and paths should be built to achieve the 46,000 trip increase in five years.

Asked if the goal is attainable in a place where many in the suburbs are simply hard-wired for a car-dominated culture, Chan says that's irrelevant.

"We have to create the infrastructure and environment, inform them of the opportunities and encourage them to try it. We're trying. We're not saying it's too difficult."

# HAW WER LL

It's always a smooth ride, but cars and bikes are learning to get along. BY KRYSZYNA LAGOWSKI

When Toronto Police Constable Hugh Smith first took to the streets on bicycle patrol, most drivers thought he was a courier because of the yellow jacket. They didn't notice the word "police" on the back. Although he was technically on patrol, he still "had to deal with a lot of driver attitude and behaviour. It was crazy."

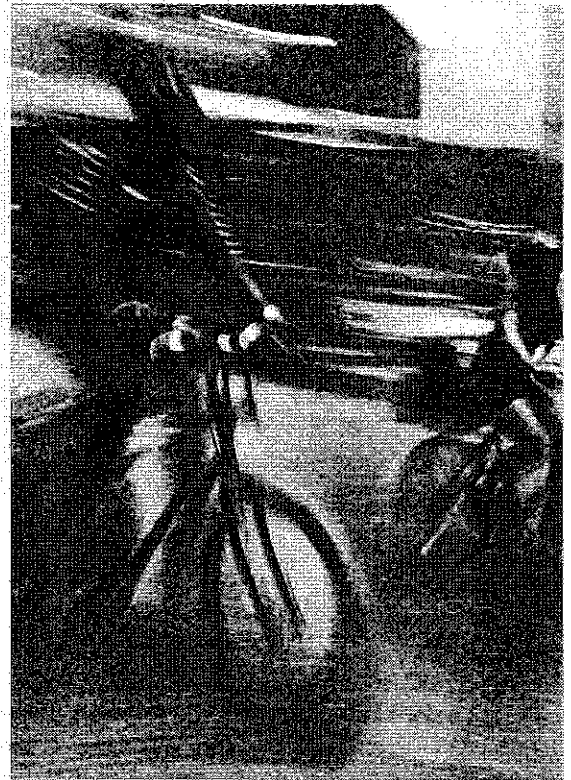
That was in 1989, and since then the boom in bicycle traffic means there are thousands of cyclists vying for valuable road space alongside motor vehicles all over Canada. It also means that as the number of cyclists on the road rises, so do the tensions, as drivers and cyclists learn how to coexist.

Within Toronto's 2.5 million people, Smith guesses there are about one million bicycles in Toronto, most commuting alongside motor vehicles. The heat is definitely on in the city, with bylaws being updated to protect Toronto cyclists, including Chapter 886 of the municipal code. This bylaw pulls no punches—the City of Toronto's website declares "blocking the bike lane with your car, even for a minute, is illegal." The fine of \$60 is set to be increased to \$150.

Bylaws will help the situation, no doubt, but there's still room for improvement. While on his bike patrol, Smith learned the importance of communication. "You need to have eye contact, signal your intentions and be predictable in your behaviour," he stresses. "That applies to everyone using the road—motorists, cyclists, pedestrians and anyone in a wheelchair or on a scooter."

And while good communication is key, Smith says the biggest challenge for both drivers and cyclists is treating the bicycle as a commuter vehicle, not a recreational toy. "We were given bicycles when we were five years old," he says. "That wasn't our first toy—it was our first vehicle."

Smith puts more of an onus on motorists, who have taken a driver's test that includes learning the law about bicycles. Ontario's *Driver's Handbook* is being revamped >>



to include more of the current Ministry of Transportation's legislation about cycling, which will be rolled into driver training and testing.

One of the forces behind the *Driver's Handbook* revamp is Eleanor McMahon, a sane and savvy voice in an often emotional dialogue. She's behind Ontario's Share the Road Cycling Coalition, which is devoted to making Ontario "the most bicycle-friendly place in Canada." McMahon embarked on her mission after the death of her husband, Ontario Provincial Police Sergeant Greg Stobbart, who was struck while cycling in Milton, Ont.

At a bike conference in Toronto, McMahon presented awards to bicycle-friendly communities Toronto, Guelph, Mississauga, Oakville, Peterborough, Richmond Hill and Welland. "These communities have distinguished themselves in a number of areas—encouragement, education, enforcement, environment and evaluation," she says. "They've not only put out bicycle-friendly plans, they're funding them, monitoring them and keeping the public informed."

While more is being done to educate and inform cyclists and drivers, there are often deeper attitudes at play when people get in, or on, their vehicles. When environmental policy advisor Paul Smith moved to Guelph from Toronto 12 years ago, he noticed there was more civility in the relationship between drivers and cyclists. "You would never blow your horn at a cyclist," he says. "People [in Guelph] have more patience with each other." He recalls swearing and screaming matches between cyclists and drivers in Toronto but has

never experienced that in Guelph.

In Napanee, Ont., Christine and Jim Peets say that even though it's a small town, the driver-cyclist rapport isn't always rosy. Jim says that while cycling is quite good on most of the roads he uses, he sees a lot of annoying practices, such as drivers going into his lane to pass. Jim goes out of his way to be visible, wearing a red helmet and a fluorescent green vest and has flashing lights on the front and back of his bike. He also uses a loud air horn. "If it scares drivers, perhaps they'll learn to pay better attention to cyclists," says Christine.

Driver Alan Gelman finds driving around cyclists to sometimes be nerve rattling. "I don't always know that cyclists are following the rules of the road—drivers don't know what to do and are afraid to get too close," says Gelman, co-host of Dave's Corner Garage on Toronto radio station AM740.



"A bicycle  
wasn't our  
first toy—  
it was our  
first vehicle"

But the relationship may not be quite as he said/she said or cyclist vs. motorist for long. In McMahon's Share the Road surveys, she found that 93% of participants endorse the need to "share the road" and find solutions to "improve safety for cyclists and motorists alike." Participants also point to an enhanced cycling infrastructure to balance the rights of cyclists and motorists. People want and understand the importance of coexisting on the road, but most recognize that some provincial and municipal support is necessary to create and enforce helpful strategies.

In Nova Scotia, this was part of the impetus behind Bill 93, which last June amended the province's Motor Vehicle Act to change inter-



actions between bicycles and cars. One of the big changes was the introduction of the one-metre rule, which specifies that motorists in that province are required to leave a minimum of one metre between their vehicle and a cyclist while driving beside or passing. Nova Scotia was the first province in Canada to pass such a law.

"This bill also makes it illegal to park a motor vehicle in a bicycle lane, and while motorists can drive in a bike lane temporarily [to avoid hazards, for example], they have to yield to bicycles," says Lawrence Plug, a board member of Bicycle Nova Scotia.

Nova Scotia Attorney General and Justice Minister Ross Landry says the law fits into a vision of making Nova Scotia a world cycling destination. An avid cyclist himself, he bikes the 25 km to his office in New Glasgow during the warm months. "I noticed a difference on the road after we put the law in—more co-operation from motorists," he says.

A "complete street" is one that is constructed for all road users

This particular kind of co-operation has also moved to Waterloo, Ont., where councillor Diane Freeman promotes "complete streets" in the city's transportation plan. She defines a complete street as one that is constructed for all road users, including pedestrians, bicycles, automobiles, buses and wheelchairs.

Freeman was involved in creating a "road diet" for her constituency's Davenport Road, a four-lane street that was car-centric and dangerous. "We dieted it down to two lanes, landscaped the centre median with trees and installed on-street bike lanes and proper pedestrian crossings," she says. "Now it's safer, cars slow down and there are more pedestrians and cyclists using the road."

Slowly but surely, more of these positive changes are happening on streets across Canada. Better education, better roads and better attitudes are combining to make our roads safer for both two wheels and four. **CAA**

## ROAD RULES

Although laws vary in each province, motorists and cyclists should follow these guidelines when on the road.

### CYCLISTS

- Learn and use proper hand signals when turning, changing lanes and stopping.
- Along with wearing bright or reflective clothing, your bike should have a white front light or reflector and a red rear light or reflector switched on when riding between dusk and dawn. It also should have white reflective tape on the front forks and red reflective tape on the rear forks or fenders, plus a bell or horn.
- It's highly recommended that all cyclists wear a helmet that's approved by Canadian or U.S. standards. In some provinces you are required by law to wear a helmet, regardless of age.
- Stay one metre from the curb or edge of the road and parked cars. Always ride in a straight line and don't weave between parked cars.
- Be prepared to stop for pedestrians at crosswalks and always walk your bike at a crosswalk.

### MOTORISTS

- Bicycle lanes are reserved for cyclists, so avoid driving or parking in bike lanes.
- When driving beside or passing a cyclist, leave at least one metre between you.
- Check for cyclists before opening your car door.
- Signal lane changes and check over your shoulder before changing lanes or making a turn.
- Scan the road for cyclists and be aware of their speed.