

Staying safe while out exercising

There are a lot more people currently exercising on or near roads that would not normally be out and about due to COVID-19.

The boom in local biking and walking comes as people revel in the peace of quieter streets, the sound of birdsong, and the healthy feeling of supportive, caring communities, as we all rediscover how walkable and bikeable our neighbourhoods can be.

While it is great seeing so many people taking advantage of quieter streets and cycling around their local neighbourhoods with their kids, there are a few key messages to keep in mind that will help make outings safer and more enjoyable.

Remember to:

- Follow the road rules even though there are fewer cars around.
- Share the road - be courteous and patient.
- Be seen!

Below are some other specific tips for drivers, pedestrians and cyclists...

Safety tips for drivers

- Keep speeds slow and eyes alert for all the people out enjoying walking and biking.
- Be extra vigilant as there are more vulnerable people about - such as children, elderly, family groups.
- Give cyclists plenty of room when passing them – ideally 1.5m.

Safety tips for walkers and runners

- Use a footpath where it is provided.
- [Check the Road Code for information on how to walk safely where there is no footpath.](#)
- It is best not to wear headphones as you can't hear traffic approaching.
- Runners should slow down if they can't run around others on the footpath easily.

Safety tips for cyclists

- Family outings: Ride in single file with an adult at the front and younger kids behind. Try to have another adult or an older child at the back of the group if possible.
- Check your gear - including bike and helmet - is sound and ready to go before you leave home.
- It is best not to wear headphones as you can't hear traffic approaching.

[The Christchurch City Council has put together some helpful tips on how to stay safe while biking in your bubble.](#)

We can all enjoy exercising on and around roads safely by following the road rules, keeping alert and being courteous. Check out the NZTA website for the best advice, including:

- [Information and resources for drivers on sharing the road.](#)
- [Information and resources for other road users on sharing the road.](#)