

Using See-think-do¹

Strategies for SaferRiders

¹Based on the approach of the Insurance Corporation of British Columbia (ICBC), Canada. This infographic is adapted from training manual, Learn to Ride Smart (2011) Available at: icbc.com. This poster was prepared in partnership between ICBC and Horizon 2020 project SAFE-UP

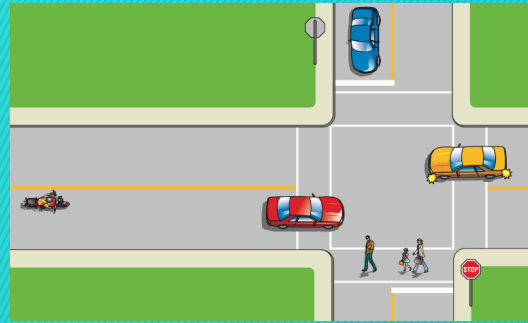


OBSERVATION

Good observation means

- knowing **where** to look
- knowing **what** to look for

Observing at intersections



As you **approach**, look well ahead. Scan left, centre, right and left again. What would be some clues that you should be prepared to stop?

Check *mirrors* before **slowing or stopping**. Then if the view ahead is not clear, inch forward until you can see clearly before riding through.

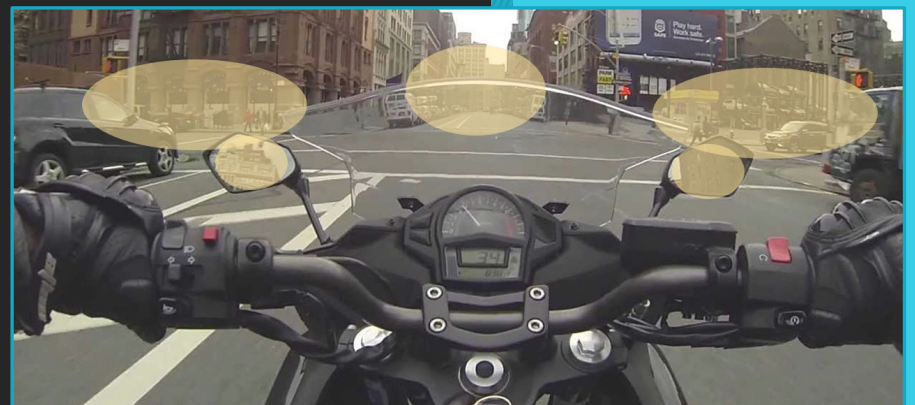
Before **turning**, shoulder check for other road users like cyclists who may have come up alongside. Scan the intersection again, check crosswalks before **starting**, keeping your eyes in the direction you are going.

Keep your eyes moving while riding, always checking for potential hazards.

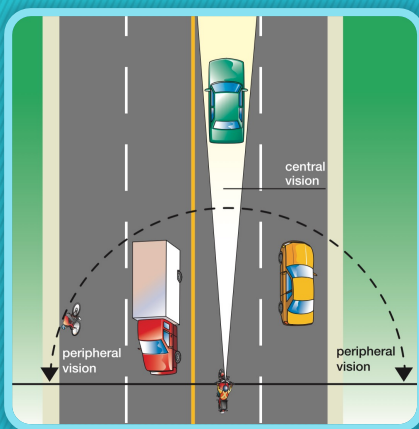
- Scan ahead 12 seconds.
- Look from one side of the road to the other.
- Check mirrors to stay updated on what is happening behind you.

Then begin the cycle again Repeat every five to eight seconds.

The Observation cycle

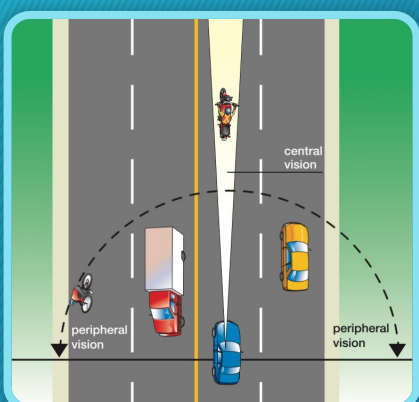


Observing ahead



Avoid surprises! Scan ahead 12 seconds so you know what's coming:

- City: 1-2 blocks ahead
- Highway: ½ km ahead
- Scan left and right, see what is happening along sides of roads, around parked cars.
- See more: activate your peripheral vision!



Shoulder checks



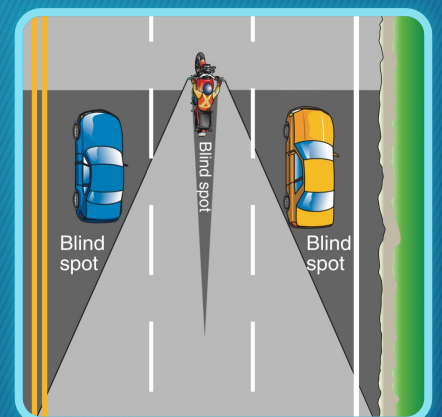
Usually you'll need to shoulder check more than once to make sure the space you want to move into is still clear.

Use mirrors and shoulder checks before you

- Change lanes or lane position
- Pull over to the side of the road
- Pull out from the roadside into traffic



Observing behind



Know where your blind spots are!

- Adjust your mirrors for the maximum view behind you.
- Check them every few seconds
- Be cautious of other vehicles moving into your **blind spots**
- If you can't see the other driver in their mirror, they can't see you!

