

Cyclists share the roads with motor vehicles. If you are a cyclist, then for your own safety, and the safety of other road users, you must follow the road rules for cycle riders and you must have the right equipment.

By following these rules, you will contribute to a cycle friendly culture, and make sharing the road easier for everyone.

What rules must I follow?

- Your cycle must have the right equipment (see below for more information).
- Where there is a cycle path, you may ride on the cycle path or on the road. Where there is no cycle path, you must ride on the road and keep as far left as you safely can. If specifically prohibited by a sign from riding on the road, you must ride on any cycle path provided or use an alternative road.
- If you are cycling on a shared path, be courteous to pedestrians. Often pedestrians can't hear cyclists approaching, especially from behind or the side. Call out politely or use a bell if you have one.
- You can only ride on the footpath if you're delivering newspapers, mail or leaflets, or your wheel diameter is no more than 355mm.
- You may use a bus lane, as long as there are no signs or road markings forbidding this. A 'B' traffic signal applies to bikes as well as buses.
- If you're riding with other cyclists, don't ride more than two abreast. Ride in single file when you're passing other vehicles – including parked vehicles.
- Use a clear arm signal if you intend to turn, reduce your speed or stop.
- At intersections, you must follow the same road rules as motor vehicles, or complete a hook turn, or get off your cycle and walk across.
- You can only carry a passenger if your cycle has a pillion seat and footrests for that passenger. A container or seat for an infant must protect their legs from the wheels.
- You can tow a trailer with your cycle, but you can't tow any other sort of vehicle. Your cycle can't be towed by another vehicle.
- If you carry a load it must be secure, mustn't touch the ground and mustn't extend more than one metre in front of or behind the wheels, or 55cm on either side (from the centre of the cycle).

What are the rules for wearing cycle helmets?

It is compulsory for all cyclists on New Zealand roads to wear cycle helmets. Your cycle helmet must:

- meet an approved standard (see below)
- be securely fastened.

Check that your helmet is the right size. It should fit snugly on your head with a minimum use of pads. It's not a good idea to buy a child a helmet that they will 'grow into'.

If your cycle helmet gets damaged, replace it with a new one.

Please note that if a police officer stops you and asks to inspect your helmet, you must give it to them.

Riding at night or in limited visibility

If you ride between sunset and sunrise, or at any other time when there isn't sufficient daylight for a person or vehicle to be clearly visible at a distance of 100 metres, you must:

- have cycle lights fitted (see below)
- switch your cycle lights on
- wear reflective material (if you don't have pedal reflectors).

Courtesy on the road

Every time you ride, you have an opportunity to contribute to a cycle friendly culture. It is important to ride with courtesy and respect for all other cyclists, pedestrians and motorists. Make sure you are visible at all times, clearly show your intentions and consider your position on the road if you are impeding other traffic. Thank other road users when you can. For example, let them know you are happy they waited for you by waving, smiling, or giving them a 'thumbs up'. This will make sharing the road easier for everyone.

What equipment must my cycle have?

Your cycle must have the following equipment:

Brakes

Your cycle must have good brakes on the front and back wheels (if the cycle was made before 1 January 1988, the law only requires a brake on the back wheel).

Reflectors

You **must** have a **rear reflector** that is visible from a distance of 200 metres when light shines on it (eg a car's headlights).

You **may** have yellow or amber **pedal retroreflectors** on the forward and rearward facing surfaces of each pedal.

Equipment you need when riding at night or in limited visibility

If you want to ride your cycle on the road at night or in limited visibility, it **must** have:

- one or two white or amber **headlights** that can be seen from a distance of 200 metres (one of these headlights may flash)
- one or more red **rear facing lights** that can be seen from a distance of 200 metres (this may be steady or flashing), and
- pedal retroreflectors on the forward and rearward facing surfaces of each pedal (or if the bike does not have these the cyclist must be wearing reflective material).

Your responsibilities

It's up to you to:

- make sure your cycle is fitted with brakes, lights and reflectors that comply with the law
- wear your cycle helmet
- follow the road rules.

If you don't, you could get an infringement fine or be taken to court.

Manufacturers' and retailers' responsibilities

Manufacturers and retailers must make sure that any cycle they sell, and its equipment, complies with the law. Standards markings and information supplied by manufacturers can be used to show that a cycle and its equipment comply.

It's an offence to sell a cycle helmet that doesn't meet an approved standard.

Cycle helmet standards

Every cycle helmet must meet an approved standard. Your helmet should have a sticker inside it stating which standard it complies with.

The approved standards stickers are:



Complies with standard ASTM F1447-2006.



Complies with standards AS/NZS 2063:2008, NZS 5439 or AS 2063.2



Complies with standard Snell B90 or B95.



Complies with European standard EN 1078.

The US Consumer Product Safety Commission's bicycle helmet safety standard is also approved.

Where can I find out more?

- Read the road and equipment rules in the legislation section of our website.
- See the walking and cycling section of our website.
- Read the *The official New Zealand rode code* or *The official New Zealand code for cyclists*.
- Visit www.nzta.govt.nz where you'll find links to the various codes our website.
- Call us on 0800 822 422.

The information in this factsheet is a general guide only. It is not the source of the law and should not be used in place of authoritative legal documents. Some factsheets are updated frequently and print versions can quickly become out of date. If the currency of the information you are reading is important, check the factsheet index on our website (www.nzta.govt.nz/factsheets) or call us on 0800 822 422.

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