

IT'S
your move
SAFE CYCLE

Imagined Safety

We acknowledge Dr Julie Hatfield, Transport and Road Safety (TARS) Research, University of NSW for her contribution to the conception and design of the Imagined Safety module.



Recognising risks is not always easy

What is a risk?

Why is it important to recognise risks when riding?

What are the risks in this photo?



One thing that might stop you from recognising risks is 'imagined safety'

Cycling-related 'imagined safety'

What is imagined safety?

Many riders think they are less likely to crash than their friends.

They think that they are better and safer riders.





Is 'imagined safety' a problem?

When you think bad things won't happen to you, you may not think about your safety.

If you can't imagine having a bike crash, you might ride without a helmet, or ride too fast.

Who else might be put at risk by your unsafe behaviour?



You probably experience it and don't know it!

Think about the risks you take when you are riding.

Do you take them because you don't really believe that you will have a crash?

That's imagined safety!!



Tips for keeping safe on a bike

One of the best things you can do to avoid getting hurt on a bike is to understand that it can happen to anyone – including you!

It helps to know what can cause imagined safety.



#1 “I am a good rider, so if there is a problem I can handle it.”

Remember:

- Lots of good riders have hurt themselves
- Crashes can be caused by other people or by hazards
- Crashes often happen before you have a chance to do anything about them
- The best way to avoid crashes is to always be aware of risks and to ride defensively

#2 “Other riders make more mistakes than me.”

Remember:

- We all make mistakes and we can learn from them.
- Try to notice mistakes when they happen.
- After a mistake think about what you could have done differently.
- We can learn from other peoples' mistakes.



#3 “I haven’t crashed yet (much), so I must be a safe rider”

Remember:

- Crashes don’t happen often, but they do happen.
- Even if you have not yet had a crash, you could have one in future.



#4 “Riders who have crashes are not like me”

Remember:

- All kinds of people take risks and have crashes
- Even safe riders can make mistakes and have crashes
- Crashes can happen to anyone

#5 “I don’t want to think that I might have a crash or be seriously injured in a crash.”

Remember:

- Recognise risk and do something about it to be a safer rider
- Riding can be fun and good for your health, but crashes can happen
- One of the most important things you can do is to be aware of potential risks and ride within your limits

No more imagined safety

Remember:

- Recognise risks
- Ride within your limits
- Don't be tricked by imagined safety

