

SAFE RIDING PROGRAMME



WALK CYCLE RIDE SINGAPORE

Our vision is for an inclusive Singapore with a transport system that enables everyone to take part in our lively city, and to make walking, cycling and riding public transport a way of life for Singaporeans.



Muthu



Lakshmi



Siti



Ahmad



Uncle & Auntie Tan



John

Look out for Ahmad and his family and friends through this guidebook as they teach you how to ride safe.

SAFE RIDING PROGRAMME OBJECTIVES

Cycling or riding your personal mobility device (PMD) is an active and sustainable form of commute with many benefits. To enable this way of life, we are increasing Active Mobility infrastructure in all towns and have allowed riding on paths. As more people choose active mobility such as cycling and riding e-scooters as a mode of commute, it is important to make safe riding behaviour a norm. The Safe Riding Programme aims to equip you with the knowledge and skills to ride safe to ensure safe and harmonious journeys for yourself and other commuters.

Towards an Active and Gracious Community!



BENEFITS OF RIDING

WORKOUT ON THE MOVE

BURN CALORIES WITH EVERY STEP

Every step you take not only brings you closer to your health goals, but it also adds to the total number of calories burnt during the day. So make steps a part of your everyday lifestyle.

AIM FOR 10,000 STEPS EVERYDAY!

Morning
Cycling to/from work
for 60mins



Burns 269kcal

Equivalent to
5,973
steps

Afternoon
Walking in office
for 30mins



Burns 118kcal

Equivalent to
2,613
steps

Evening/Night
Washing and cleaning
up for 30mins



Burns 84kcal

Equivalent to
1,866
steps

Cycling can be integrated into your daily routine and contributes towards the total number of calories burnt each day. It can help:

- Increase cardiovascular fitness
- Increase muscle strength and flexibility
- Prevent or manage disease(s)
- Decrease stress levels
- Improve posture and coordination



WHAT IS THE SAFE RIDING PROGRAMME?

The Safe Riding Programme comprises of two components:

1) Guidebook

- The guidebook is a comprehensive and essential resource for safe riding in Singapore. Use this as a handy reference on how to ride safe.

2) Hands-on theory and practical session

- Challenge yourself! The 90-minute Safe Riding Programme theory and practical session covers the must-have components from the syllabus and allows you to practice essential skills through a fun integrated circuit.



For more information on the Safe Riding Programme, please visit:
https://www.lta.gov.sg/content/ltagov/en/getting_around/active_mobility/rules_and_public_education/public_education_and_programmes.html

The Guidebook is structured to cover all aspects of your journey



MODULE 1

This module teaches you to be well-equipped and how to plan a safe route. Always check that you and your device are in good shape before your journey.

MODULE 2

You will be introduced to the different types of local infrastructure and signage both off-road and on-road.



MODULE 3

You will be informed about the basic skills required for safe riding and a step-by-step guide to navigating different off-road and on-road scenarios.



MODULE 4

The Active Mobility Act establishes a set of rules and code of conduct for cyclists and users of Personal Mobility Devices (PMDs) on the proper behaviours to ride safe. Familiarise yourself with them to ensure safe and harmonious journeys for all.



An active and gracious Singapore begins with you!



Find out more:

Learn more about the Safe Riding Programme

https://www.lta.gov.sg/content/ltagov/en/getting_around/active_mobility/rules_and_public_education/public_education_and_programmes.html

Walk Cycle Ride SG initiatives

https://www.lta.gov.sg/content/ltagov/en/getting_around.html

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