



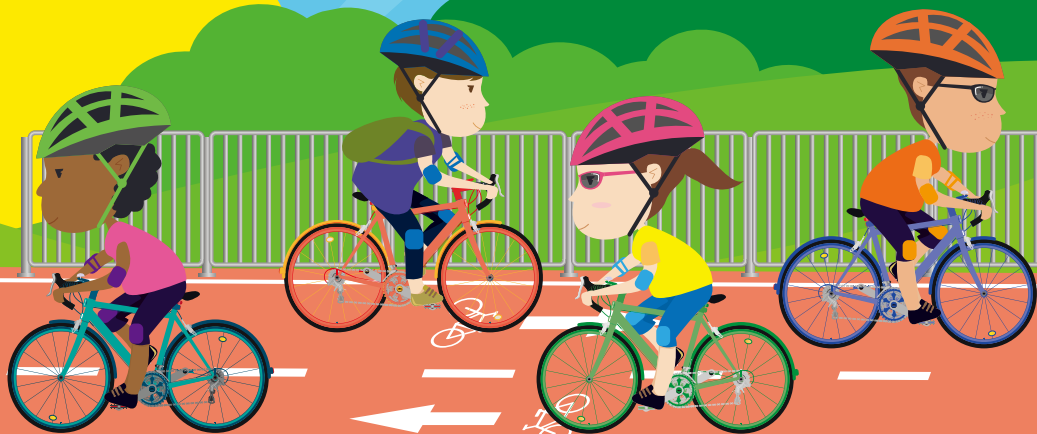
道路安全議會
Road Safety Council



單車安全訓練計劃

SAFE CYCLING TRAINING PROGRAMME

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Safe Cycling Training Programme

簡介

近年騎單車活動廣受大眾喜愛，特別受年青人的歡迎，形成一股「單車風」。騎單車固然是有益身心的活動，但市民對騎單車的安全意識亦需提高。為推廣單車安全，道路安全議會積極舉辦各種宣傳活動及本單車安全訓練計劃，藉此向騎單車者灌輸正確的安全知識，實踐「路上零意外，香港人人愛」，使大家能安全地享受騎單車的樂趣。

目標

道路安全議會希望透過舉辦《單車安全訓練計劃》，讓學生了解單車意外的成因及元素，從而避免交通意外。我們邀請專業人士講解騎單車所需配帶的安全裝備及其重要性，以及教授如何選擇、檢查及調校單車裝置的知識。此外，課程中亦教授騎單車的基本技術、知識及規則，包括相關的相關單車法例、交通標誌、道路標記及觀察路面情況的方法等，讓參加者能夠清楚了解騎單車的安全守則。

Introduction

In recent years, cycling has become a very popular activity especially among young generation. Cycling is a fun, relaxing and healthy activity but at the same time, it could be dangerous. In order to promote safe cycling, the Road Safety Council (RSC) has organised publicity activities and this Safe Cycling Training Programme to educate the cyclists about basic cycling rules and safety precautions. As such, the cyclists could safely enjoy the joy of cycling while achieving “Zero Accidents on the Road, Hong Kong’s Goal”.

Purpose

The purpose of the ‘Safe Cycling Training Programme’ is to enhance the students’ awareness concerning the contributory factors of cycling accidents with a view to preventing them from becoming a victim of traffic accidents.

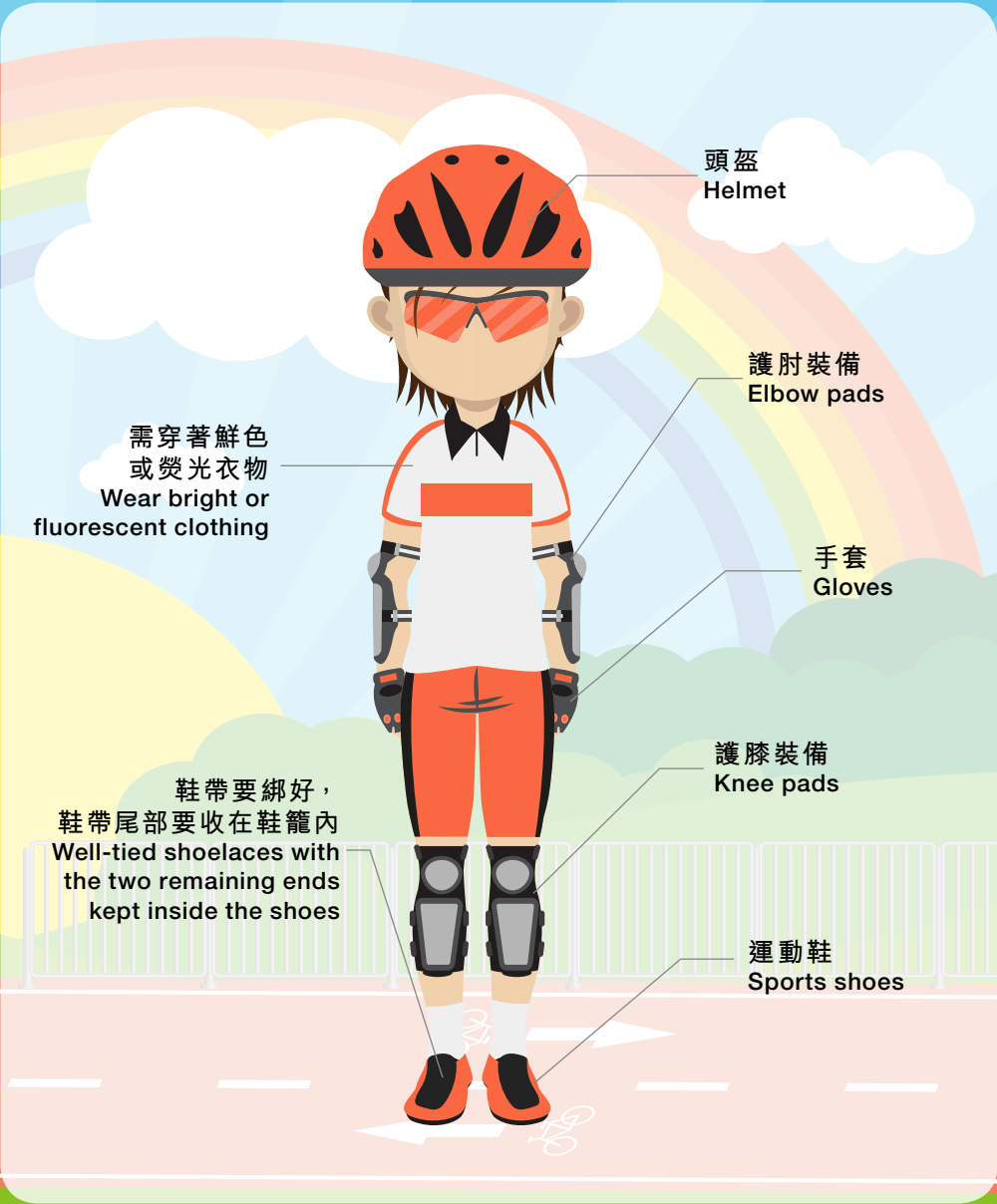
Professional cycling trainers will explain the importance of wearing protective gears, and demonstrate how to choose, check and adjust bicycle settings to fit one’s needs. Basic cycling rules such as the related legislations, traffic signs, road markings and techniques of noticing road conditions will also be taught.

Through this programme, participants can have a better understanding of the safe cycling rules.

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個人裝備 Personal Gear



頭盔
Helmet

護肘裝備
Elbow pads

手套
Gloves

護膝裝備
Knee pads

運動鞋
Sports shoes

需穿著鮮色
或熒光衣物
Wear bright or
fluorescent clothing

鞋帶要綁好，
鞋帶尾部要收在鞋籠內
Well-tied shoelaces with
the two remaining ends
kept inside the shoes

單車基本結構

Basic Structure of a Bicycle



備註：請參閱 8-9 頁法例要求
Remark: Please refer to P8-9 Legislative Requirements (Part)



反光牌應安裝於離地面 380mm
Reflector plate should be installed
380mm above floor

單車裝備 Bicycle Equipment



A



白光車頭燈 A White headlight

功能：黑夜及能見度低的情況下能照明道路。

Function : to light the road ahead at night and times of poor visibility.

B



車鈴 Bell

功能：發出鈴聲警號。

Function : to emit sound for warning.

C



車尾反光牌 Rear red reflective plate

功能：反光牌能讓尾隨者的頭燈照射單車的反光牌而反射光線，亦能讓尾隨者看見，特別是黑夜及能見度低的情況下。

Function : to reflect the light from the headlight(s) of the trailing vehicle which allows the bicycle to be seen at night and the time of low visibility.

D



紅光車尾燈 Rear red light

功能：黑夜及能見度低的情況下能讓尾隨者看見。

Function : to allows the bicycle to be seen at night and times of low visibility.

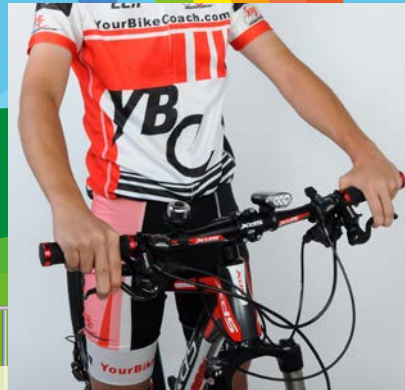


E

足夠的胎紋及胎氣 Tyres with sufficient tyre tread

功能：防止跌胎。

Function : to prevent slips.



F

前後煞車系統 Front and rear braking systems

功能：能有效控制速度，停車及減速。

Function : to effectively control the speed and therefore stop or slow down the bicycle.

檢查單車

Bicycle Check

1

胎氣 Tyre pressure

用大拇指按壓車胎正上方。
Press your thumb at the top of the tyre.



2

煞車系統 Braking system

前煞車 Front brake

用兩隻手指按前煞車制，向前方推，使後輪升起。
Press the front brake with two fingers and push the bicycle forward to raise the rear wheel.

後煞車 Rear brake

用兩隻手指按後煞車制，向後方拉，使前輪升起。
Press the rear brake with two fingers and push the bicycle backward to raise the front wheel.



3

座位 Saddle

1. 座位應對正車架中央。
Make sure the saddle is properly aligned with the centre of frame.
2. 座位應調較至與地面平行的位置。
The saddle is set parallel to the ground.



4

車頭 Headset

1. 站於車頭前方。
Stand in front of the headset.
2. 雙腿夾緊前輪。
Firmly straddle the front wheel between the legs.
3. 左右用力轉動車頭。
Turn the handlebars from side to side to make sure the bicycle is safe to ride.



5

變速器 Shifter

1. 利用腳架支撐離開地面。
Lift the rear wheel off the ground.
2. 攪動腳踏。
Rotate the pedals.
3. 向前轉動，同時進行變速，確保車鏈鬆緊得宜。
Keep rotating the pedals forwards while changing the gear of the shifter to make sure the chain is tight enough.



6

車輪 Wheels

1. 拿起車身使前輪或後輪離開地面。
Lift the bicycle, with its front or rear wheel off the ground.
2. 轉動車輪，檢查是否暢順。
Rotate the wheel to make sure it can operate smoothly.



法例要求 (節錄)

Legislative Requirements (Part)



第 374A 章 87 條 (單車及三輪車的制動器)

- (1) 每輛單車及三輪車須配備制動系統至少一個。

第 374A 章 88 條 (單車及三輪車的警報儀器)

- (1) 每輛單車及三輪車須裝配一個能就其駛近或出現而發出充分警報的鐘。
- (2) 單車或三輪車除安裝一個鐘之外，不得安裝其他警報儀器。

第 374A 章 附表 8 (關於強制性反光體的數目及在車輛上位置的規定)

單車、三輪車及傷殘者車輛，反光體的數目為 1 個。

第 374G 章 51 條 (有關單車、三輪車及人力車的附加規則)

- (1) 在道路上騎單車或三輪車或掌管人力車的人，除超車時，須以單行前進。
- (2) 在道路上騎單車或三輪車或掌管人力車的人，不得：
 - (a) 手握任何其他車輛，或容許其車輛被任何其他車輛拖曳；或
 - (b) 拖曳任何其他車輛。
- (3) 在道路上騎單車或三輪車的人，不得運載：
 - (a) 任何其他人；或
 - (b) 任何動物或物件，而該動物或物件妨礙其視線或阻止其完全控制其車輛。
- (4) 在道路上騎單車或三輪車的人，在其如此騎車時，須至少用一隻手握着手柄。
- (5) 如道路有一部分是劃給單車或三輪車使用的，則任何人不得在該道路的任何其他部分騎單車或三輪車。
- (6) 任何人不得在黑夜時間或能見度低的情況下，在道路上騎單車或三輪車或掌管人力車，除非他在車頭展示一盞白燈及在車尾展示一盞紅燈。

以上是關於單車法例的節錄部份，原文請到律政司網頁瀏覽：
<http://elegislation.gov.hk/>

Regulation 87, Chapter 374A (Brakes on bicycles and tricycles)

- (1) Every bicycle and tricycle shall be equipped with at least one braking system.

Regulation 88, Chapter 374A (Warning instrument on bicycles and tricycles)

- (1) Every bicycle and tricycle shall be fitted with a bell capable of giving sufficient warning of the approach or presence of the vehicle.
- (2) No bicycle or tricycle shall carry a warning instrument other than a bell.

Schedule 8, Chapter 374A

(Requirements as to the number and position on vehicles of obligatory reflectors)

Cycles, tricycles and invalid carriages shall each have one reflector.

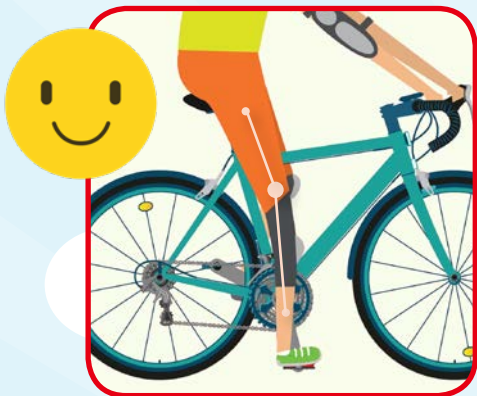
Regulation 51, Chapter 374G (Additional rules for bicycles, tricycles and rickshaws)

- (1) A person riding a bicycle or tricycle or in charge of a rickshaw on a road shall proceed in single file except when overtaking.
- (2) No person riding a bicycle or tricycle or in charge of a rickshaw on a road shall:
 - (a) grasp, or allow the vehicle to be towed by, any other vehicle; or
 - (b) tow any other vehicle.
- (3) No person riding a bicycle or tricycle on a road shall carry:
 - (a) any other person; or
 - (b) any animal or article which obstructs his view or which prevents him from exercising complete control over his vehicle.
- (4) A person riding a bicycle or tricycle on a road shall do so with at least one hand on the handle bars.
- (5) Where a portion of a road is set aside for bicycles or tricycles no person shall ride a bicycle or a tricycle on any other portion of the road.
- (6) No person shall ride a bicycle or tricycle, or be in charge of a rickshaw, on a road during the hours of darkness or in poor visibility conditions unless he shows a white light at the front and a red light at the rear.

The above are only part of the legislative requirements on bicycles and cycling activities. Please visit the website of the Department of Justice for details:
<http://elegislation.gov.hk/>

座位調校

Saddle Adjustment



應調好座位的高度，使騎單車者在坐著時，雙腳尖剛好接觸到地面。

The saddle should be adjusted so that the rider can just touch the ground with both feet when seated.

控車要點



Key Points for Safe Cycling

騎行中時刻留意路面安全

Always pay attention to the road safety conditions when cycling

保持行車穩定

Ride in a stable manner

確保視線清晰

Ensure the sight is clear

騎行重心

Centre of gravity in cycling

腰部 Waist

騎行時重心應設於腰部

It is important to set the centre of gravity at the waist of the cyclist

手部 Hands

負責操控單車的行車方向

Responsible for controlling the cycling direction

下肢 Legs

負責給予單車動力並繼續前行

Responsible for propelling the bicycle by exerting force



單車手號

Hand Signals



發出手號步驟及要點

Steps and main points of giving hand signals

1

發出手號步驟及要點

Steps and main points of giving hand signals

1. 思考清楚行車方向。
Think clearly about the cycling direction.
2. 觀察四周環境安全。
Observe the safety conditions of the surroundings.
3. 改變行車方向前應發出手號。（不應過早或過遲）
Show a hand signal before changing the cycling direction.
(which should not be shown too early or too late)
4. 轉彎前需完成整個手號。
Finish the hand signal before making a turn.
5. 轉彎時雙手應放於車把上。
Hold the handlebars with both hands when making a turn.

2

起步手號

The hand signal for start

起動單車前，需留意路面前後情況，並舉起單手示意起動。

The cyclist should pay attention to the road conditions ahead and behind, and then raise one hand to signal the start of the ride.



望向左後方
look back the left side



望向右後方
look back the right side



舉起右手
Raise your right hand

3

左轉信號 Left turn signal

伸出整隻左手，直至與肩齊高，掌心向前。(轉彎前必須完成手號及雙手應放回車把。)

The whole of the left arm and hand is extended level with the shoulder, palm facing forwards. (The signal must be completed and the hand must be back on the handle before turning.)



4

右轉信號 Right turn signal

伸出整隻右手，直至與肩齊高，掌心向前。(轉彎前必須完成手號及雙手應放回車把。)

The whole of the right arm and hand is extended level with the shoulder, palm facing forwards. (The signal must be completed and the hand must be back on the handle before turning.)



5

減速信號 Slowing down signal

伸出的手應與肩膊一樣高，掌心向下。伸出的手應至少上下擺動三次，但不可太快。

The arm is extended level with the shoulder, palm facing downwards. Move your arm up and down at least three times, at a slow controlled tempo.



交通規則及交通標誌

Traffic Rules and Traffic Signs



交通規則

Traffic Rules

駕駛者須遵守的交通標誌、道路標記及交通規則，騎單車者亦都必須遵守。

Cyclists must comply with the traffic signs, road markings and traffic rules as general drivers do.

不可在酒精或藥物影響下騎單車。
Cycling under the influence of alcohol or drugs is prohibited.

單車上運載的物品，不可妨礙你控制單車和保持平衡；不准運載足以阻擋你視線的物品；以及不准載客。

Anything carried on the bicycle must not hinder the cyclist from controlling the bicycle and maintaining balance nor block the cyclist's view; no carriage of passengers.

十一歲以下的小童須在成年人陪同下方可在路上騎單車。

Children under 11 years old must be accompanied by an adult while cycling on road.



交通標誌

Traffic Signs



禁止行人、徒步控制的車輛、單車及三輪車進入
No Pedestrians and Cyclists



限制騎單車區的終止
End of Cycling Restriction



禁止單車或三輪車進入
No Cyclists



只准單車及三輪車通過，禁止汽車駛入
Route to be used by bicycles and tricycles. No motor vehicles



騎單車或三輪車者必須下車
Cycling Restriction - cyclists must dismount and push their cycles



供多輪車使用的道路或場地，禁止汽車駛入
Cycle ground and route to be used by multi-cycles. No motor vehicles

單車停泊指引

Guidelines For Cycle Parking



違例停泊單車會對行人、單車使用者和駕駛者造成阻礙，從而增加發生意外的機會。

Illegal cycle parking will obstruct pedestrians, cyclists and drivers from using the road and increase the risk of accidents.

指定單車停泊處 Designated Cycle Parking Space

單車使用者應把單車泊在指定單車停泊處避免造成阻礙。

Cyclists should park in the designated cycle parking space to prevent obstruction.



與單車停泊相關的交通標誌 Road Signs related to Cycle Parking

單車泊車處

Parking place for pedal cycles



第 228 章 4A 條 (簡易程序治罪條例) 在公眾地方造成阻礙

任何人無合法權限或解釋而陳列或留下，或導致陳列或留下任何物品或東西對在公眾地方的人或車輛造成阻礙、不便或危害者，或可能對在公眾地方的人或車輛造成阻礙、不便或危害者，可處罰款 \$5,000 或監禁 3 個月。

Regulation 228, Chapter 4A (Summary Offences Ordinance) Obstruction of Public places

Any person who without lawful authority or excuse sets out or leaves, or causes to be set out or left, any matter or thing which obstructs, inconveniences or endangers, or may obstructs, inconveniences or endangers, any person or vehicle in a public place shall be liable to a fine of \$5,000 or to imprisonment for months.

