

## TOP 10 TIPS FOR E-BIKE USERS

### 1. Get to know your e-bike

- Where the battery is located and how to remove and charge it
- The average battery range (miles)
- The bike computer/monitor - what it tells you
- Using the electric assist and different levels of assistance
- How to lock your bike securely

### 2. Ensure that you and your e-bike are roadworthy

Check that the battery and computer are fully connected, that the tyres are hard (pumped up to the correct pressure) and the brakes are sharp. Ensure that the e-bike fits you and that there is nothing (eg clothing) that will catch in the moving parts.

### 4. Get used to the weight of your e-bike

Ride the e-bike slowly at first without using the electric assist until you are used to the weight. Take care when going round corners by reducing speed.

### 3. Practice control skills away from traffic

Get used to starting and stopping, looking back and signaling in a quiet area. Practice emergency stopping and swerving. Be aware of how the electric assist impacts on braking.

### 5. Use your gears

Start riding in a low gear and change to a higher gear as you increase speed. Drop to lower gears as you slow down. Remember that riding in the wrong gear is likely to drain your battery more quickly.





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**6.** Be courteous to walkers and other riders on shared paths. You may be faster than people on standard cycles. Give people in front priority and wait until there is space to pass. Slow down when approaching walkers and make your presence known.

**7.** Think positioning when riding on roads. Ride a good distance from the kerb, never in the gutter and a door's width away from parked cars. Ride in the traffic stream, especially at junctions, if you can match the speed of other road users.

**8.** Be aware of other road users especially those behind. Check back and then signal your intention in plenty of time before changing position/turning.

**9.** See, be seen, communicate. Make eye contact with other road users. Communicate your intentions clearly with hand signals and positioning.

**10.** Consider getting some riding skills training. Visit [cycletraining.co.uk](http://cycletraining.co.uk) for more information.

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