

21 December 2012

Office for Environment, Health and Safety  
College of Arts and Sciences

Dear Students

### **Reminders following the recent increase in bicycle accidents**

At the University of Tokyo, over 20 bicycle accidents (during commuting) have already been reported this year (average rate of over 2 accidents per month). The main causes include: looking away from the road, cycling errors, slipping in rain, and cycling over road bumps. In the past there have been accidents requiring more than one month of medical treatment, interfering with study, research and daily student life. Please therefore take careful note of the following accident cases and the attached posters, and cycle in a safe manner with a good awareness of cycling rules and risk.

#### Notice

##### 1. Recent accident cases

[Case 1]

Front wheel slipped due to level difference between road and sidewalk whilst cycling to campus, and fell over. Bled from head, shoulder and arm. Bruised and grazed. 4 days of absence from university.

[Case 2]

Tripped over a road bump whilst cycling fast on the way home, and fell over. Broke shoulder and knee. 10 days of absence from university.

[Case 3]

Slipped whilst turning a corner on a graveled slope, and turned over on its side. 24 weeks to recover due to sprains and broken bones.

##### 2. Safety Rules for Cyclists

- 1) As a general rule, cycle on roadways, not on sidewalks.
- 2) Cycle on the left-hand side when on roadways.
- 3) When on sidewalks, give priority to pedestrians, and cycle slowly on the roadway- side of the sidewalks.
- 4) Follow the safety rules.

※It is prohibited by law to cycle with an umbrella in hand, cycle whilst using a mobile phone, and to cycle with headphones in such a way that you cannot hear the sounds of traffic surroundings.

##### 3. Attached Posters

- 1) Safety Guidelines for Cyclists (from 'Traffic Safety Guidelines' (National Police Agency))
- 2) Following the Rules and Cycling Safely (English version)

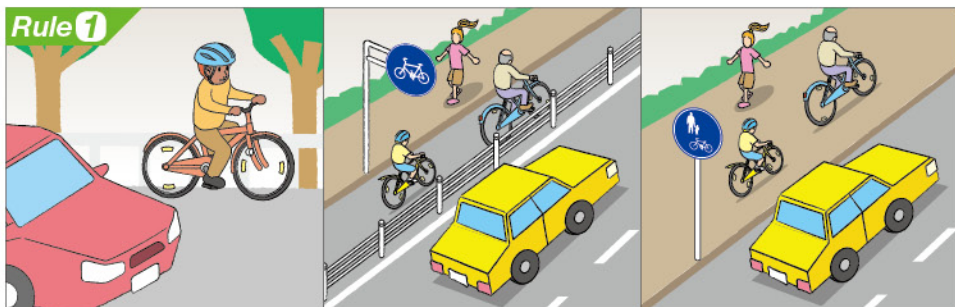


# Safety Guidelines for Cyclists

## 自転車に乗るときに心がけるべきこと

### 2 Five rules to follow to ensure safety when riding a bicycle

自転車の通行方法 **自転車安全利用五則** を守りましょう。



#### Rule 1 In principle, cyclists should ride on the street and use sidewalks only in exceptional cases

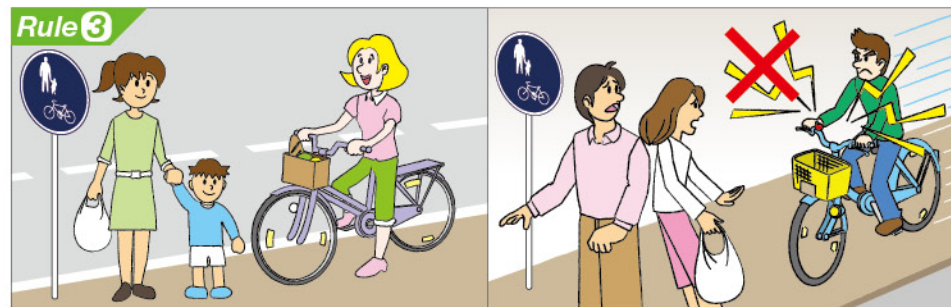
- Bicycles are classified as vehicles, so as a general rule, cyclists should use the street.
- Cyclists should use designated bicycle paths when they are available.
- Cyclists should use the lanes marked for bicycles on sidewalks or roads when they are available.
- Children under 13, adults 70 and over, and people with physical disabilities are permitted to ride a bicycle on the sidewalk.

\* When the street is too narrow, cyclists can ride on sidewalks.

#### 第一則

自転車は、車道が原則、歩道は例外。

- 自転車は車両の仲間なので、原則として車道を通行します。
  - 自転車道があるところでは、自転車道を通行すること。
  - 普通自転車歩道通行可の標識がある歩道は、自転車で通行できます。
  - 13歳未満の子ども、70歳以上の高齢者、体の不自由な人は、歩道を自転車で通行できます。
- ※車道の幅が狭いなどのやむを得ない場合には例外として歩道を通行できます。



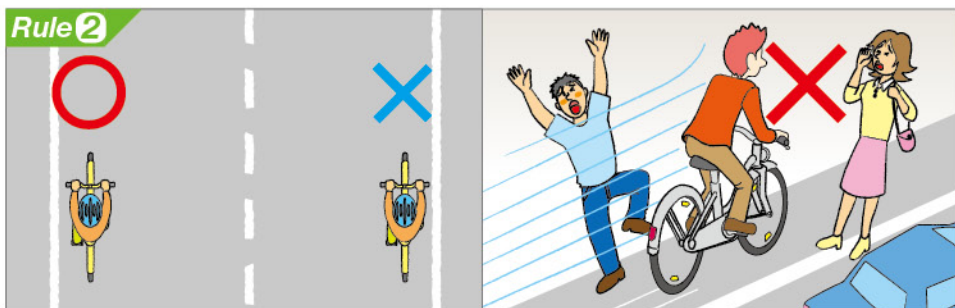
#### Rule 3 Cyclists must reduce speed on sidewalks and give pedestrians the right of way

- When passing pedestrians on sidewalks, cyclists should reduce speed enough to enable a sudden stop.
  - Cyclists should stop riding if there is a risk of obstructing passing pedestrians on sidewalks.
  - Cyclists should refrain from unnecessarily ringing bicycle bells at pedestrians on sidewalks.
- Pedestrians are given priority on sidewalks, so cyclists are expected to dismount their bicycle if necessary.

#### 第三則

歩道は歩行者優先で、車道寄りを徐行。

- 歩道を通るときは、すぐ停止できるような速度で徐行すること。
  - 歩行者の通行を妨げるおそれのある場合は一時停止します。
  - 警音器を歩行者に対して歩道などでみだりに鳴らさないこと。
- あくまでも歩行者が優先です。必要に応じて自転車を降りましょう。

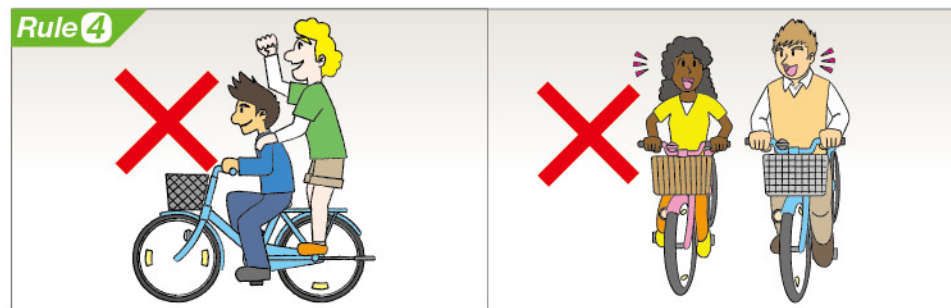


#### Rule 2 Cyclists should ride on the left side of the street

- Only the left side of the street should be used by cyclists.
- Cyclists must not obstruct pedestrians if riding inside the lines marking pedestrian paths.

#### 第二則 自転車は左側を通行。

- 車道の左端を走ること。
- 路側帯を通行できますが、歩行者の通行を妨げないこと。



#### Rule 4 Cyclists must obey safety rules

Riding double is prohibited.

第四則 安全ルールを守る。二人乗りは禁止。

#### Rule 4 Cyclists must obey safety rules

Riding side by side is prohibited.

第四則 安全ルールを守る。並進は禁止。

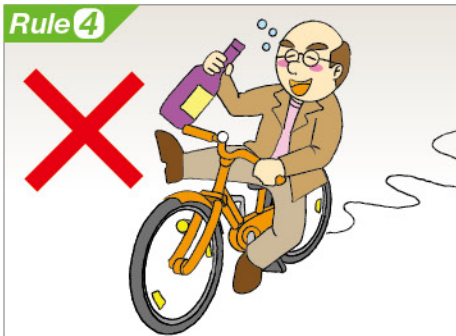


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#### Rule 4 Cyclists must obey safety rules

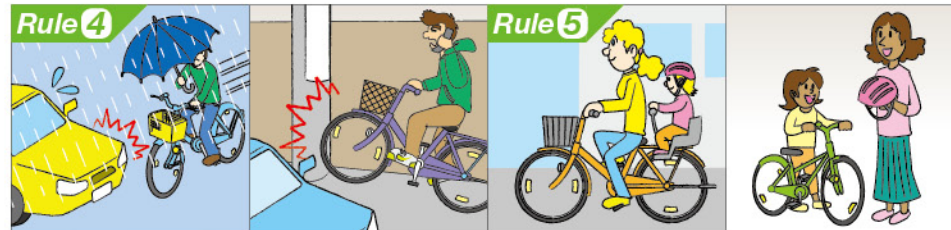
Cyclists are prohibited from riding under the influence of alcohol.

**第四則** 安全ルールを守る。飲酒運転は禁止。

**Cycling after drinking alcohol is strictly prohibited**

Offenders could face up to several years in jail or a large fine. Anyone who serves a person alcohol knowing that he or she will later ride a bicycle may also be subject to punishment.

**飲酒運転は絶対に禁止!**  
 厳しい処罰が待っています。飲んで運転した人だけではなく、飲ませた人も処罰対象です。



#### Rule 4 Cyclists must obey safety rules

Cyclists must not use umbrellas or talk on mobile phones when riding.

**第四則** 安全ルールを守る。  
 運転中に傘をさしたり、携帯電話の通話・操作はやめましょう。

#### Rule 5 Children must wear a bicycle helmet

Parents and guardians must ensure that children wear a bicycle helmet in the following cases :

- When a child under the age of 6 is riding in the children's seat of a bicycle
- When a child under the age of 13 is riding a bicycle

**第五則** 子どもはヘルメットを着用。  
 次の場合、保護者はヘルメットを着用させなければいけません。  
 • 6歳未満の子どもの自転車の幼児用座席に乗せる場合  
 • 13歳未満の子どもの自転車を運転する場合



#### Rule 4 Cyclists must obey safety rules

Cyclists must use bicycle lights at night. Cyclists must also use bicycle lights in the daytime when riding through tunnels or during foggy weather.

**第四則** 安全ルールを守る。

夜間はライトを点灯。  
 昼間でもトンネルや濃霧の中ではライトを点灯しましょう。

#### Rule 4 Cyclists must obey safety rules

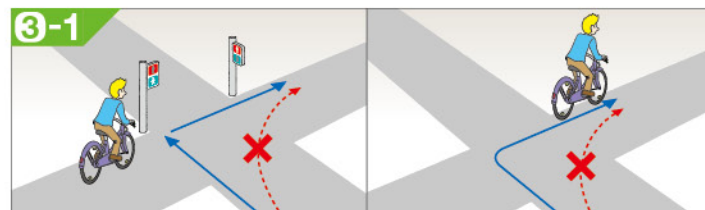
Cyclists must obey traffic lights at intersections and check for safety after coming to a full stop. (Traffic light rules are explained on page 3.)

**第四則** 安全ルールを守る。

交差点での信号遵守と一時停止・安全確認。  
 (信号の意味は3ページ参照)

### 3 Using intersections

#### 交差点の通り方



#### 3-1 When making a right-hand turn

- **At intersections with traffic lights** When the light turns green, the cyclist should cross the intersection in a straight direction and come to a stop on the opposite side with the bicycle facing right. When the light of the intersecting street turns green, the cyclist should proceed in a straight direction after looking both ways to check for safety.
- **At intersections without traffic lights** The cyclist should look behind to check for safety, cross the intersection in a straight direction, then slow down to make a right-hand turn, and check for oncoming cars before proceeding.

#### 右折するとき

- **信号機があるとき**  
 青信号で、交差点の左側に沿って向こう側の角まで十分に速度を落として直進し、止まって向きを変えます。対面する信号が青色になってから、前後左右の安全確認をして直進します。
- **信号機がないとき**  
 後ろの安全を確かめ、道路の左端に沿って向こう側まで直進し、速度を落として右に曲がり、安全を確かめて進みましょう。

# Ride Safely by following **the Law**



## ✓ Use of headphones

It is against the law to ride a bicycle listening to music using headphones at such levels that prevent you from hearing sounds to ride safely.

(Max. fine of JPY 50,000)



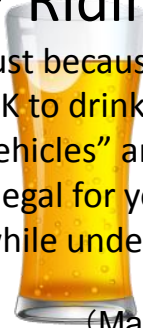
## ✓ Riding single-handed while using umbrellas or cell phones

Riding with one hand occupied makes it difficult to steer and extremely dangerous.

(Max. fine of JPY 50,000)

## ✓ Riding under Influence

Just because it is a bicycle does not mean it is OK to drink & drive. Bicycles are "light vehicles" and since classed as vehicles it is illegal for you to be in charge of a vehicle while under the influence of alcohol.



(Max. fine of JPY 50,000)



## ✓ Riding without lights

Accidents have actually occurred on campus due to people riding at night without lights. The lights let pedestrians and cars know of your presence.

(Max. fine of JPY 50,000)

## ✓ Riding tandem

Don't do a "Roman Holiday" on a bicycle. It's illegal.

(Max. fine of JPY 20,000)



Obeying the Traffic Regulations is the first step to **safety**

