

# SAFE CYCLING GUIDE

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Be Seen • Be Alert • Be Safe



MINISTRY OF TRANSPORT  
MALAYSIA

**MIROS**

MALAYSIAN INSTITUTE OF ROAD SAFETY RESEARCH



**PLAN**Malaysia **rapidKL**



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# INTRODUCTION

Cycling can be enjoyed safely when you understand the rules of the road and practice proper safety and handling techniques. This is your guide to cycling safety towards a healthy lifestyle. Whether you are new to cycling or are an experienced cyclist, you will find valuable tips on **road safety**, **bicycle maintenance** and the **road rules** of riding your bicycle. This guide is applicable for riders of both the conventional and electric bicycle (e-bike).

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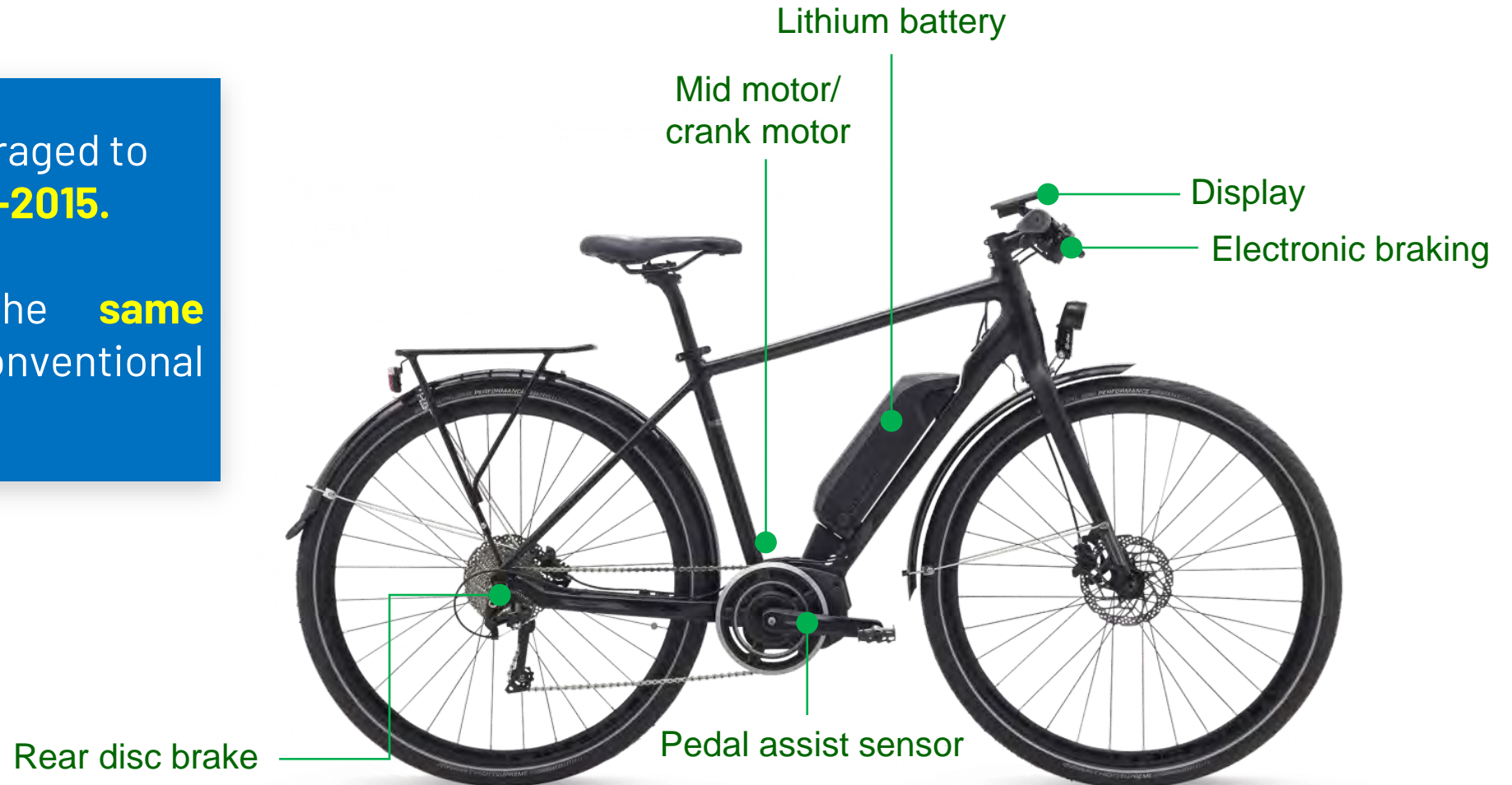
Basic part of an

# ELECTRIC BICYCLE (E-BIKE)

SAFE CYCLING GUIDE

E-bikes are encouraged to comply to **MS2514-2015**.

E-bikes have the **same components** as conventional bikes **except for**:





# Difference between bicycle, e-bike & moped

## Bicycle

- Equipped with pedals for cycling.
- Powered by human.
- Can be used on and off-road.

## E-Bike

- Equipped with pedals for cycling.
- Powered by human and assisted by electric motor.
- Electric motor will be cut off at 25 km/h or if the cyclist stops to pedal.
- Maximum weight 40 kg.
- Must not be equipped with a throttle or other means for accelerations.
- Can be used on and off-road.

## Moped

- Propelled by electrical means or an internal-combustion engine (not exceeding 50cm<sup>3</sup> or both).
- Equipped with a throttle or other methods for acceleration and speed control.
- Body structure can be form of "step-over" or "low step" or "under-bone."
- Equipped with seats.
- Installed with 2 or 3 wheels.
- Equipped with pedals for cycling, either permanently mounted or interchangeable.
- Maximum weight 150 kg.
- Maximum speed 50 km/h.

(Specification based on the contexts of Malaysia's domestic rules and applications. Please refer ROAD TRAFFIC (PROHIBITION OF USE OF CERTAIN MICROMOBILITY VEHICLES) RULES 2021 for more details specifications on Moped)





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## Section 1:

# Choosing the Right Bicycle

There are many types of bicycles to choose from the market depending on the use. Whether you're choosing a road, mountain, hybrid bicycle or foldable bicycle, it should fit properly, making it easy to control and comfortable to ride.

### Choose the right size (Frame size)

To choose the best-sized bicycle, stand over the bicycle with your feet firmly on the ground and measure the distance between the bicycle frame and your crotch. The general rule is, you should be able to stand flat-footed over your bike's frame with 2cm to 5cm of space.







## Section 1:

# Choosing the Right Bicycle (cont'd.)

### Seat position

Positioning your seat properly will help make your pedaling more efficient and reduce the strain on your knees. To adjust the seat correctly, the rider's leg should be completely extended with the heel on the pedal. Thus, when the foot is in pedaling position, the leg will have to bend slightly.



### Handlebar position

Ensure that your handlebar is set at the right height. In a normal riding position, your weight should be evenly balanced. Generally, the handlebars are set to the same level as the seat or slightly higher than the seat so that your weight can be shared between the handlebars and the seat.





## Section 2:

# Essential Equipment

### Brakes

Ensure the brakes are suitably adjusted, kept in proper working order and can stop the wheels effectively.

### Lights and reflectors

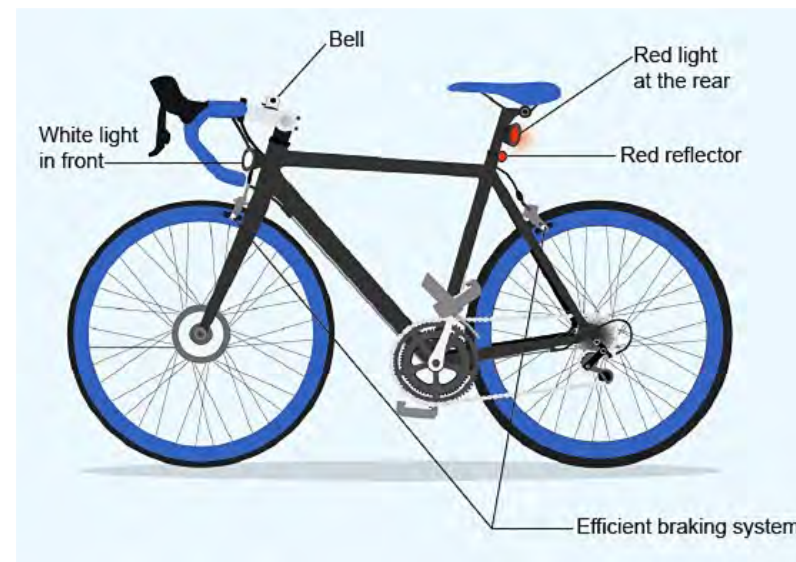
Good quality lights and reflectors will increase your visibility on the road. Your bicycle must be fitted with a white lamp on the front and a red lamp on the rear.

### Bell or horn

A bell or horn enables you to let pedestrians and other cyclists know you're around.

### Tyres

Tyres should be appropriate to the size of your bicycle and inflated to the pressure as listed on the tyre wall. Ensure the tyres are in good condition with clearly seen tread pattern.





## Section 3:

# Wearing the Right Gear

### Bicycle helmets

Helmets are used as a means of reducing serious injury if involved in an accident. Wear a bright colour and correctly fitted safety helmet which complies with the standards. Quality helmets should bear a sticker of the approved international standard, such as SNELL, EN-1078, ANSI, ASTM, SAA & CPSC.

#### European Standard

✓ EN 1078



#### Australian & New Zealand Standards

✓ AS/NZS2063



#### American Standards

- ✓ American Society for Testing and Materials - ASTM F1447
- ✓ US Consumer Product Safety Commission (CPSC) Standard
- ✓ Snell Standard



**Always Wear Your Helmet While Riding**

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### How to Choose a Bicycle Helmet

**3 Steps A-B-C**

- A** **Approved international standard**  
Quality helmets should bear sticker of approved international standard, e.g.  
European Standard - EN 1078  
Australian and New Zealand Standards - AS/NZS2063  
American Standards:  
• American Society for Testing and Materials - ASTM F1447  
• US Consumer Product Safety Commission (CPSC) Standard.  
• Snell Standard.
- B** **Bright colour**  
Choose a helmet with bright or fluorescent colours so that you can be seen by other road users.
- C** **Comfort and fit**  
Choose a suitable sized bicycle helmet with good ventilation that fits your head comfortably and is designed for cycling.

### 3 Rules for Proper Wearing of Bicycle Helmets

- Proper Fit**  
Adjust the sizing pad of the helmet until it fits the head properly without moving.
- Proper Positioning**  
- Level and Square.  
- Allow two-finger width between your eyebrows and the helmet.
- Proper Strapping**
  - Adjust all the straps such that they stay flat against the face.
  - Ensure side straps to meet just below each ear lobe and form a "V" shape.
  - Fasten the chin strap snugly enough room to fit one finger between your chin and the strap.
  - If your helmet stays on properly when your head moves, it means that you have correctly fitted the helmet.

QR Code





## Section 3:

# Wearing the Right Gear (cont'd.)



### Clothing

- ✓ Wear bright or fluorescent colours such as yellow and orange to make yourself visible when riding in the evening or at night.
- ✓ Wear gloves for riding comfort.
- ✓ Do not wear baggy pants as they might entangle with the bicycle gear.
- ✓ Put on shoes or closed and strapped sandals when cycling.
- ✓ Avoid wearing flip flop sandals when cycling as they tend to slip off.

### Be prepared for rain

Bring a good weatherproof jacket and waterproof pants to help keep you dry in case of rain.

### Protect your eyes

- ✓ Wear sunglasses or clear lens glasses to stop bugs, dirt and rain from flying into your eyes.
- ✓ Sunglasses will also protect your eyes from the glare.



## Section 4:

# Maintaining Your Bicycle

### Bicycle Maintenance Frequency

It depends on how regularly you cycle. Frequent cycling requires frequent maintenance to ensure safety for yourself and other road users.



### D.I.Y.

The best maintenance is if you can do it yourself. You can have a good look at the condition of your bicycle. It is a self-rewarding and economical effort.

### Tool Kits

To maintain your bicycle, you need to have at least a basic tool kit such as puncture repair kit, screwdriver, set of allen keys and spanner, cleaning rag, an old toothbrush and lubricant for the chain and gear.

### Bicycle Maintenance Schedule

Conduct a daily or minute check before riding. It is recommended to maintain your bicycle either weekly, monthly or yearly.



## Section 4:

# Maintaining Your Bicycle (cont'd.)

### Daily or minute check before riding (ABC)

- A = Air pressure for the tyres must be in good condition and the pressure is as recommended for the tyre.
- B = Brake; check your front and rear brake. Ensure the brakes are functioning properly.
- C = Chain; check the chain and gears. Make sure the chain and gear are lubricated and are not damaged.

### Scheduled Maintenance



#### Weekly Maintenance

Clean and lubricate the exposed moving parts such as the chain and gear. Make sure the tyres and the brakes are not exposed to lubricant oil. Check the wheel spokes and tyre condition.

#### Monthly Maintenance

Check the tyre tread and rim for any cracks or damages. Inspect the wheel bearing, chain, gears, handlebar, pedal and seat height. Check the bicycle accessories such as front and rear light, horn or bell and safety attire.

#### Yearly Maintenance

Check the body frame and the handlebar for any rust and weaknesses. When buying or changing new tyres, make sure it is the right size and suitable for the bicycle. If the chain is replaced, also change the gear cluster as both generally wear out evenly.





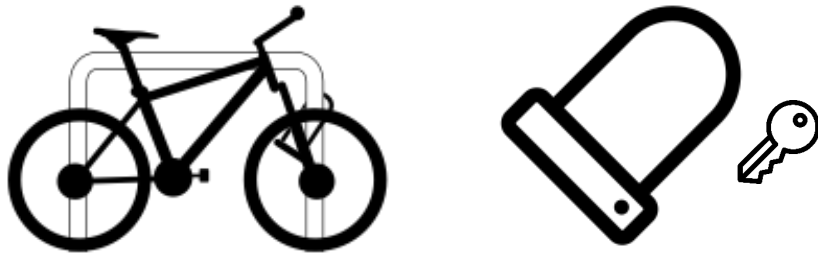


## Section 5:

# Parking and Keeping Your Bicycle Secure

### Preventing from theft

- ✓ Keep and lock your bicycle inside your house.
- ✓ In public areas, park and lock your bicycle at the designated bicycle parking bay.
- ✓ All removable bicycle components should be secured before you leave your bicycle.
- ✓ Always carry a good bicycle lock when cycling.



### Bicycle identification

- ✓ Bicycles usually have a unique identification number / serial number.
- ✓ It is wise to keep a note or picture of your identification number.
- ✓ If your bicycle does not have an identification number, you can engrave or mark your own identification number and record the details.
- ✓ It can help the police to identify your bicycle if it is stolen. Also note the features such as the colour, stickers, or any unique aspect of your bicycle to help the police.



Source: <https://radpowerbikes.zendesk.com/>



## Section 6:

# Riding Safely

### Plan your journey and your route

Journey and route planning could help cyclists avoid unsafe traffic conditions. Always plan your journey and your route before setting out using any available application.

- ✓ Aim for a route with the least risk of a collision and the most bicycle-friendly.
- ✓ Avoid roads that have high traffic volumes and high speeds.
- ✓ Prioritize the use of dedicated bicycle lanes.
- ✓ Check for possible road closure and detours.
- ✓ Plan where to stop for rest breaks.

If possible, always ride and conclude your trip during daytime. If you plan to ride during night-time, give the utmost priority to being seen by other road users.

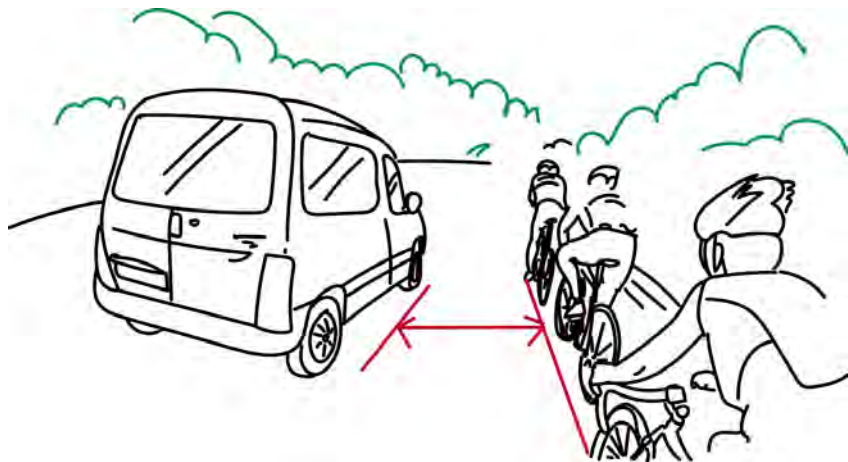




## Section 6: Riding Safely (cont'd.)

### Understand your risk of a collision

As a cyclist, you could be one of the most vulnerable groups on the road. Cyclists face a host of road hazards and often need to share the road with motorized vehicles.



### To improve your safety:

- ✓ Know the most common collisions involving a cyclist in your localities and understand what causes them and how to avoid them.
- ✓ Know how to get a driver's attention and when it is needed.
- ✓ Always be vigilant and avoid distraction at all cost.
- ✓ Be extra vigilant at intersections.
- ✓ Always behave like a vehicle by not switching back and forth between the street and the sidewalk.
- ✓ Always maintain your safety cushion by keeping a safe gap between motor vehicles.
- ✓ Determine that the bike is in good condition especially the brakes, tires, lights and reflector before riding.





## Section 6:

# Riding Safely (cont'd.)

### Understand your limits



Safe riding requires physical and mental fitness. Fatigue can significantly affect both qualities. For a cyclist, fatigue can severely reduce your concentration, judgement and reaction time. You maybe suffering from fatigue if you are experiencing any of the following:

- ✓ Yawning and feeling sleepy.
- ✓ Tired or sore eyes.
- ✓ Stiffness and cramps.
- ✓ Impatience or restlessness.
- ✓ Daydreaming.
- ✓ Boredom.

### Managing fatigue



- ✓ Make sure to get sufficient sleep before riding.
- ✓ Be aware of the early warning signs of fatigue.
- ✓ Keep hydrated by drinking lots of water.
- ✓ Avoid large meals before or during riding.
- ✓ Avoid alcohol at all costs.
- ✓ Do not be tempted to continue riding if you feel fatigued or have sore eyes.

Remember that the ultimate solution for fatigue is sleep. For your safety, delay your cycling trip if you are experiencing fatigue.



## Section 7:

# Responsible Riding on the Road

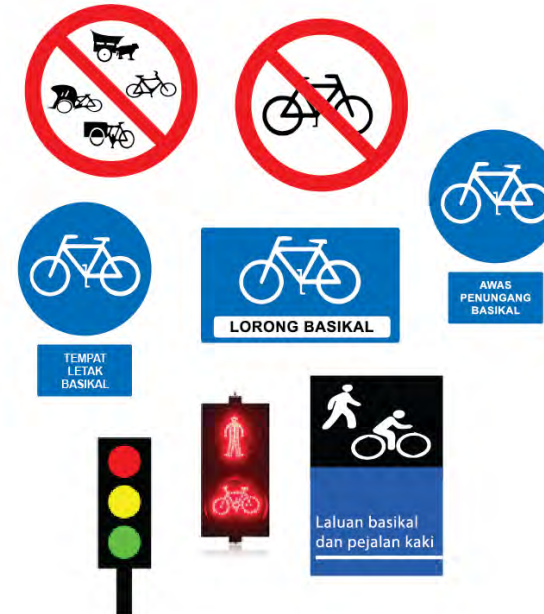
### Use cycling facilities

Many municipalities in Malaysia offer bicycle facilities to ensure cyclist safety. The different types of facilities can be organized into two categories: Non-Exclusive (on-carriageway) and Exclusive (off-carriageway) (Ref: ATJ10/86).



### Comply with traffic signs & rules

Cyclists must follow the rules and comply with all traffic signs and signals i.e., traffic light, signage etc. as other road users.



(Ref: ATJ 2A/85 (Amend 2019)).



*Cyclists are not encouraged to share the route with other vehicles (mix traffic) because it involves significant speed differences and is dangerous to cyclists. Use cyclist route facilities to be more secure.*



## Section 7:

# Responsible Riding on the Road (cont'd.)

## Ride in single file

There are a few tips to keep in mind when travelling in groups:

- ✓ Ride in single file. Do not carry passengers dangerously.
- ✓ Keep at least one meter apart from other cyclists in the group.
- ✓ Keep several lengths apart when going downhill at high speed.
- ✓ If travelling in a large group, break up into smaller groups.
- ✓ Keep about one kilometer between groups to allow traffic to pass.

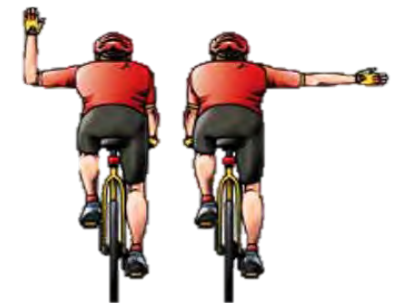


## Signaling

Give hand signals clearly and in good time. Look over your shoulder before you signal. Use the correct signal for the situation, and signal for 3 seconds. Use bell or horn to warn other road users, especially pedestrians.



Left turn



Right turn and alternate



Stop



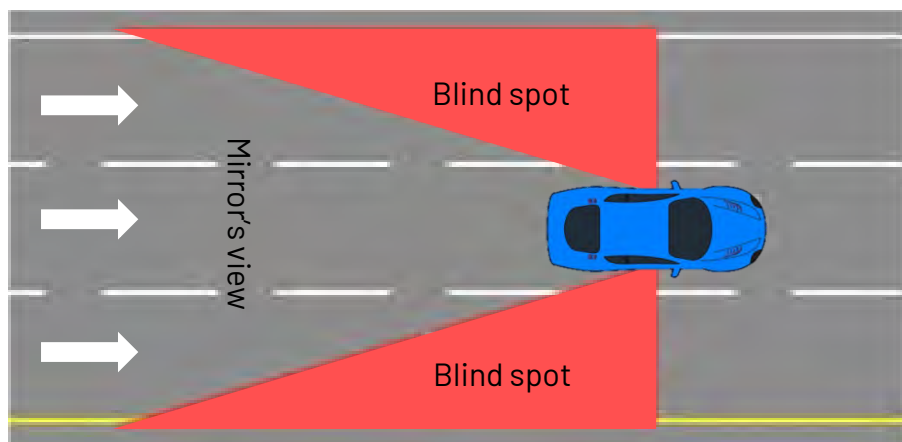


## Section 7:

# Responsible Riding on the Road (cont'd.)

### Avoid blind spot

Position yourself so that other drivers can see you and know what you intend to do. It is important to increase your visibility by keeping away from motor vehicle blind spots, especially on large vehicles.



### Check for hazards & anticipate vehicle movement

Maximize your safety when cycling by constantly assessing your environment for any hazards that may cause a road crash i.e., potholes, drains, curb, parked car door, etc.

Watch other road users:

- ✓ Look at the movement of vehicle wheels.
- ✓ Increase or decrease in speed, brake lights.
- ✓ The use of indicators that signal a change of direction.
- ✓ Make eye contact with other road users.
- ✓ Avoid riding alongside a motor vehicle for longer than required.
- ✓ Travelling behind a car.



*How to know a motor vehicle's blind spots? If you cannot see the driver's reflection in his or her side mirror, you are in the driver's blind spot, and they cannot see you.*

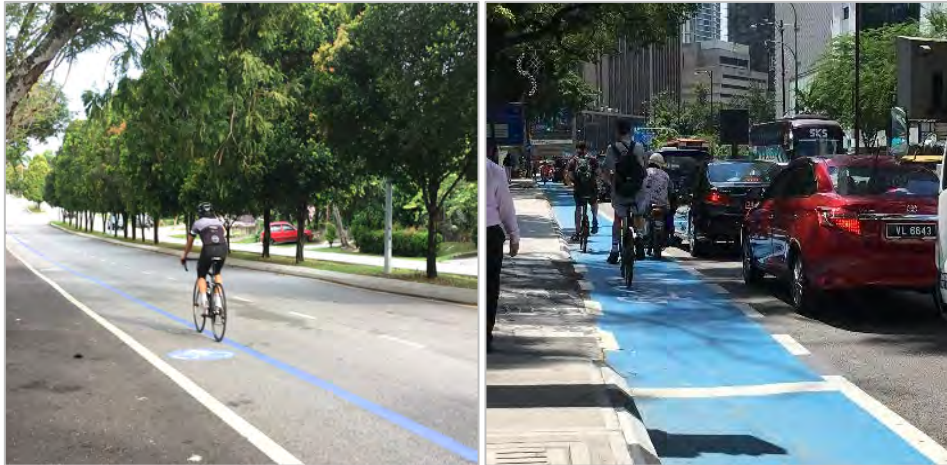


## Section 7:

# Responsible Riding on the Road (cont'd.)

## Keep left when it's safe

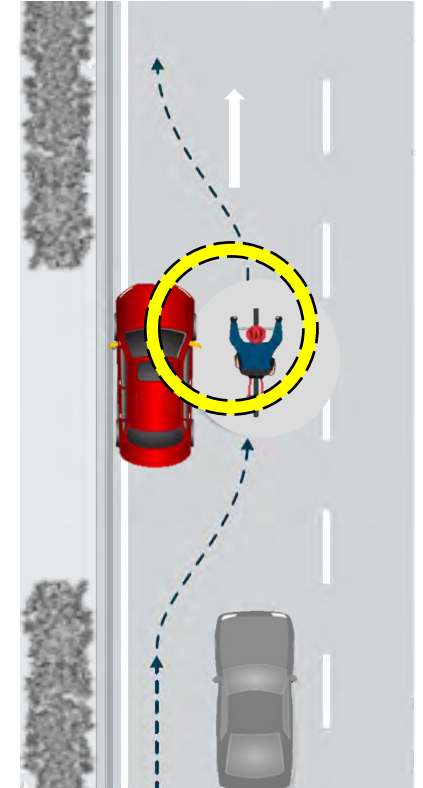
All road users must keep as 'near as practicable' to the left side of the roadway. This means cyclist must generally keep left when cycling, but not so far left that it affects safety.



## Taking a lane

In some situations, you need to move right, towards the centre of a lane to help you avoid hazards and prevent unsafe passing.

- ✓ Find a gap.
- ✓ Signal your intention.
- ✓ Check for following traffic and move across.
- ✓ Take the lane for as long as you need.
- ✓ Reduce your speed.
- ✓ Move back towards the left side of the road when it is safe.





## Section 7:

# Responsible Riding on the Road (cont'd.)

### Riding past parked cars

Take the lane to ride past parked cars or other stopped vehicles by allowing a clearance of at least a meter. Reduce your speed. After passing the cars, move back to the left side of the road when it is safe.



### Riding around a roundabout

Take the lane to approach the roundabout. DO NOT enter beside a driver who is already in the roundabout. Keep left or cycle on a safe route. Use the bike lanes provided at the when available roundabout area. Choose your exit and identify the appropriate travel lane. For the less confident cyclist, dismount and walk your bicycle at the pedestrian crossing.





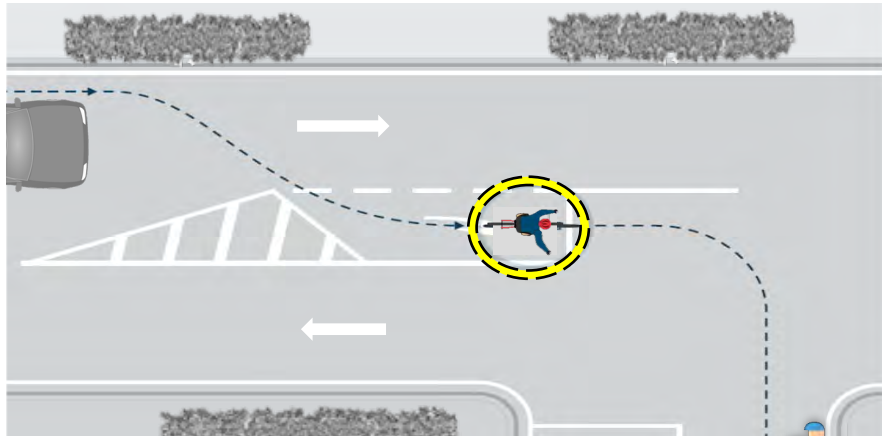


## Section 7:

# Responsible Riding on the Road (cont'd.)

### Using turning lanes at an intersection

Take the appropriate turning lane to approach the intersection. Stay in the left side. Use hand signal and move to the middle of the lane to ride through the intersection when it is safe. Try to make eye contact with the driver of the car beside you so that the driver will notice. After leaving the intersection, use hand signal and move back to the left side of the road when it is safe.



### Cycling at Intersections/Junction

- ✓ Cyclists are encouraged to cross in 'zebra-crossing' areas.
- ✓ Use cyclist or pedestrian traffic light if provided.
- ✓ Upon approaching an intersection, assess the other approaching vehicles and evaluate the traffic condition.
- ✓ Pay attention if there are 'Left Turns On Red' sign.



*On a busy road, where there is little opportunity to move to the right side of the lane, it's best to keep left, dismount at the intersection (or traffic light) and push the bicycle across the road.*





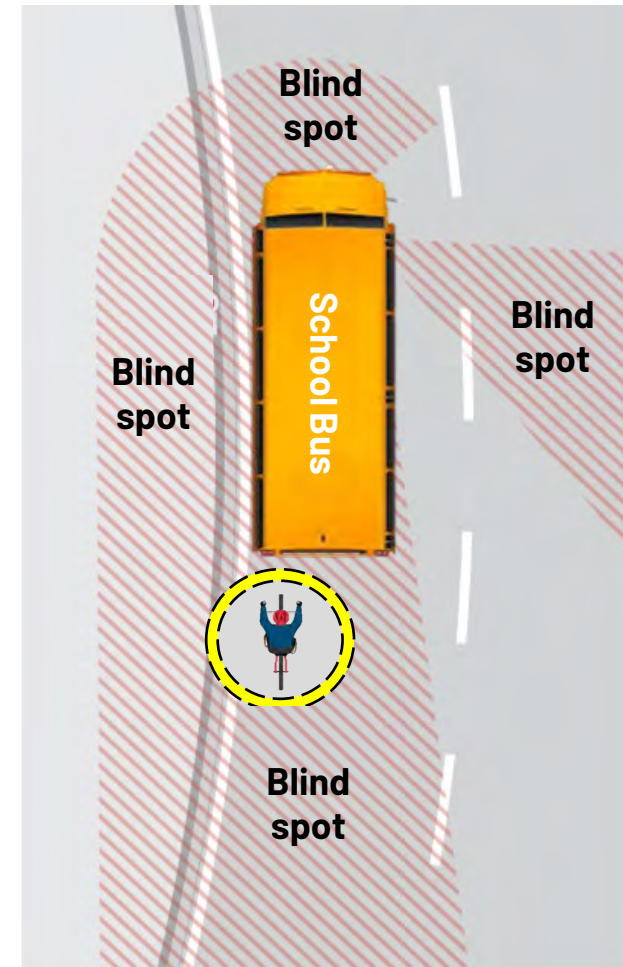
## Section 7:

# Responsible Riding on the Road (cont'd.)

## Passing the large vehicles (lorries and buses)

When approaching large vehicles, please ensure to observe the following:

- ✓ Maintain a safe distance.
- ✓ Avoid passing a large vehicle that is turning or about to turn.
- ✓ Anticipate the movement large vehicles may make, such as pulling into a bus stop, cutting corner or swinging wide before turning.
- ✓ If you are stopped ahead of large vehicles, make sure you are clear of the blind spot.
- ✓ If a large vehicle is ahead of you in a queue of traffic, you will need to decide if you can get to the front of the queue before the traffic light changes, or before the traffic moves.
- ✓ If you must get to the front of a queue, passing on the right of stationary vehicles is safer. If you cannot be sure, it is better to wait.





## Section 7:

# Responsible Riding on the Road (cont'd.)

### Passing other riders and pedestrians

#### On the road:

- ✓ Pass other riders on the right.
- ✓ Maintain a safe distance.
- ✓ Wait for a gap in the traffic.
- ✓ Ring a bell if necessary to let them know you are behind them.

#### On shared paths:

- ✓ Use slower speeds.
- ✓ Give way to the pedestrian.
- ✓ Pass other people with at least a gap of one meter.
- ✓ Ring a bell if necessary to let them know you are behind them.

### Passing queues of stationary or slow-moving vehicles

When you ride past queues of stationary or slow-moving vehicles, your visibility is reduced and turning drivers may not see you. Watch out for people crossing the road between queuing vehicles, especially if your view ahead is restricted by a large vehicle. Reduce your speed.

### Keep the environment clean

- ✓ Do not throw trash everywhere while cycling.
- ✓ Keep the trash until you find the dustbin.
- ✓ Do not spit and smoking while cycling.







## Section 8:

# Avoiding and Managing Crashes

Riding your bicycle on the road increases your level of exposure compared to driving a car. Therefore, you must constantly be aware and alert of your surroundings.

### Understanding the Time of Crash Occurrences

24% of the road crashes involving cyclists in Malaysia occur between 6.00pm to 10.00pm. It is during this time of the day that the traffic volume is heavy with tired drivers heading home after work while the skies begin to get dark.

Ensure that you are wearing the correct gear when cycling. Always wear light and bright colours when cycling to ensure that you are seen, especially at night.



*Make sure your bicycle light (front and rear) are working during night-time riding.*

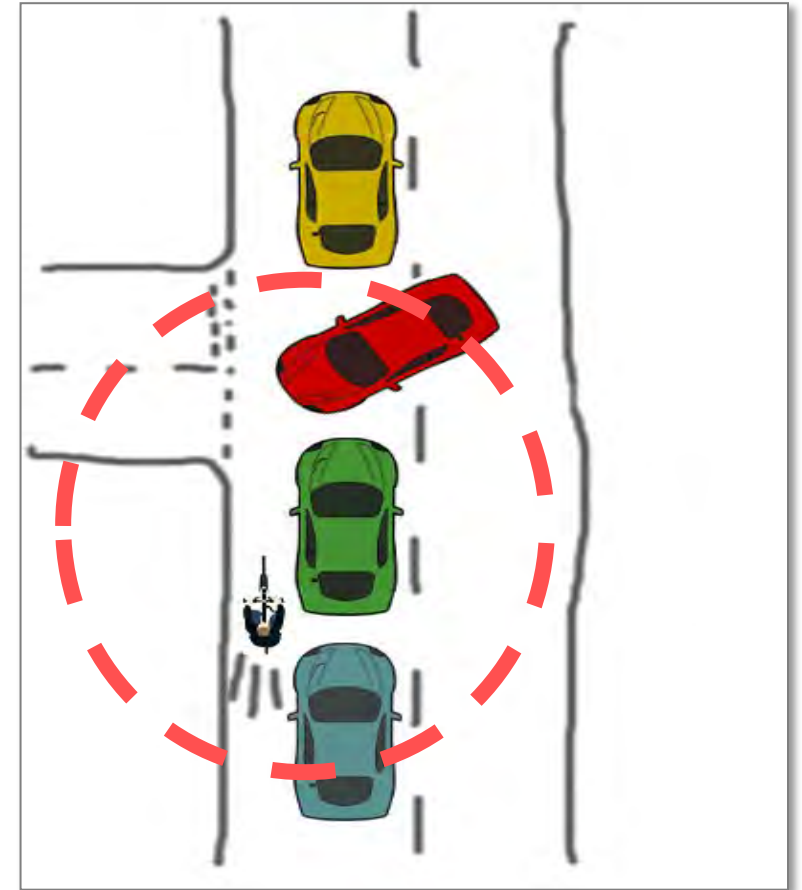


## Section 8:

# Avoiding and Managing Crashes (cont'd.)

## Vehicles Turning in Front of You while Cycling

- ✓ When cycling, always assess other vehicles and anticipate their movements, particularly at junctions.
- ✓ Slow down when approaching junctions.
- ✓ When cycling on the left side of a queue, be aware of a vehicle turning if there is a gap in the queue.





## Section 8:

# Avoiding and Managing Crashes (cont'd.)

### Identifying Hazards while Cycling



Hazard: Car door opening suddenly



Hazard: Reversing vehicle



Hazard: Car approaching junction



Hazard: Parked vehicles

### How to Avoid / Manage the Hazard?

- ✓ When approaching parked cars, always stay alert in case a car suddenly reverses or pulls out of the parking.
- ✓ Ring your bell to warn the parked cars of your approach.
- ✓ Take the lane / road when riding past parked cars.
- ✓ Slow down and maintain a buffer zone between yourself and parked vehicles.
- ✓ Look for signs such as brake / reverse lights, blinking signal indicator or the front wheels turning to indicate that the car is pulling out of the parking.
- ✓ Always look through the car windows to determine if the occupant is getting out of the car.
- ✓ Learn to use your brakes and practice in a safe environment.





## Section 8:

# Avoiding and Managing Crashes (cont'd.)

## Identifying Hazards while Cycling



Hazard: Slippery or wet roads



Hazard: Potholes



## How to Avoid / Manage the Hazard?

- ✓ Be on the lookout for potholed roads and uneven roads and debris.
- ✓ Use tires that are suitable for dry and wet conditions.
- ✓ On a slippery road, the front wheel can skid. You must brake lightly and use the front brake less.
- ✓ On a road or pavement that is dry except for a few places, look ahead for the slippery areas. Release the brakes as you go over the slippery areas, then increase force again once you are back on the dry area.
- ✓ In some areas, there are stairs and ramps that have been provided for pedestrians and cyclists. Avoid lifting or carrying your bike when climbing stairs.
- ✓ Use the ramp provided and push your bike.





## Section 8:

# Avoiding and Managing Crashes (cont'd.)

### What Should You Do If A Crash Occurs?

- ✓ Check yourself for injuries. Call for an ambulance if the injuries are serious.
- ✓ Check your surroundings to ensure it is safe.
- ✓ If the location is safe and the injuries are minor, take pictures of the damaged vehicles involved and the injuries sustained. Ensure that the registration number of the other vehicle(s) is visible in the pictures.
- ✓ Move your vehicles to a safer area.
- ✓ Exchange important details with the other driver(s) involved—identification details, vehicle registration details, license details, etc.
- ✓ Lodge a police report at the nearest police station within 24 hours.
- ✓ Contact your insurance provider to make a claim if necessary.





## Section 9:

# Bicycle Accessories

### Load Carriers

- ✓ Bicycle load carriers such as racks, baskets, bags and panniers are essential to carry light-weight items or loads while cycling.
- ✓ Avoid carrying heavy or bulky items especially at the front carrier as this may affect bicycle manoeuvring and handling.
- ✓ Instead, use the rear rack to carry the load or distribute the loads evenly to front and rear carriers to avoid unstable and uncomfortable the handling.
- ✓ Ensure that when attaching load carriers to your bicycle, they do not affect the function of essential parts of the bicycle such as brakes, reflector, lights, pedal and drive-train system.



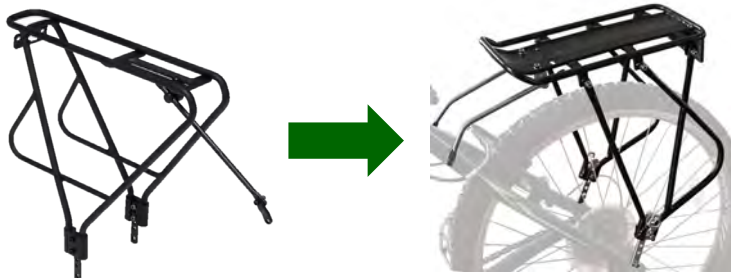




## Section 9: Bicycle Accessories (cont'd.)

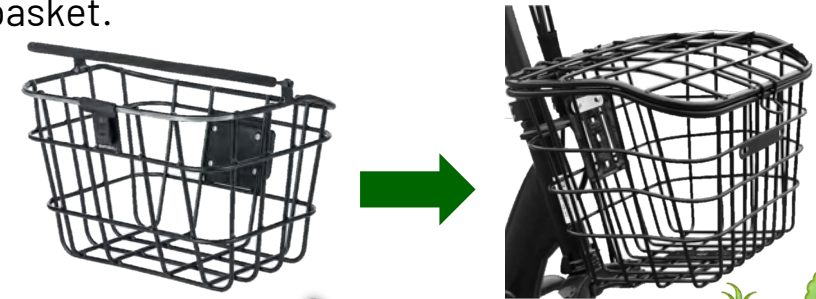
### Racks

- ✓ Flat carrying surface that is used at the rear part of the bicycle.
- ✓ Can be used as the base for the attachment of child carriers, baskets and panniers.
- ✓ Always ensure that the racks are safely installed to the bicycle before use.
- ✓ Avoid bulky or heavy loads as the attachment mechanism may not be strong enough.
- ✓ Soft and fragile items must be placed carefully as the strong gripping mechanism may damage the items.



### Basket

- ✓ Basket is usually installed at the front part of the bicycle.
- ✓ It also can be installed at the rear part of the bicycle on top of the rear racks.
- ✓ Always ensure that the basket is safely installed to the bicycle before use.
- ✓ Only place lightweight items if the basket is in front to avoid difficulties during manoeuvring.
- ✓ Heavier items are recommended to place at the rear basket.





## Section 9:

# Bicycle Accessories (cont'd.)

## Panniers

- ✓ Saddlebags and cases that usually made of waterproof materials.
- ✓ Saddlebags usually hang down on the both side of the bicycle whereas cases usually hanged at front attachment of the bicycle.
- ✓ Ensure the panniers are safely attached to the bicycle before use.
- ✓ Avoid placing pointed or sharp items directly to the panniers surfaces as they may tear the panniers.
- ✓ Whenever possible, try do distribute the load evenly to both sides of the panniers or both front and rear panniers.





## Section 9:

# Bicycle Accessories (cont'd.)

**DO NOT RIDE** with children on any roads. Instead, choose recreational parks and must use a bicycle lane or path if available.



## Child Carriers

- ✓ There are few numbers of child carriers available for bicycle that attached :
  - to the rear of a bicycle on top of the carrier racks;
  - to the centre of the bicycle frame and in front of the rider; or
  - behind bicycle child trailer.
- ✓ Always ensure the child carriers (fixed and trailer) are correctly fitted and safely installed to the bicycle frame and attachment before used.
- ✓ It is important to ensure that your child is securely fastened and comfortably restraint the child in the carriers.
- ✓ Helmet wearing is a must, whether the child is sitting on a carrier or trailer.







## Section 9:

# Bicycle Accessories (cont'd.)

### Other Accessories:

#### Emergency Tool Bag

- ✓ Usually did not come with the bicycle and must purchase separately.
- ✓ It is advisable to carry along a bicycle tool kit especially during long riding for preparation during emergency such as equipment problems, attachments failure or even a tyre breakdown.
- ✓ A standard bicycle tool kit can be purchased from your local bike shop and should include:
  - Tyre levers
  - Spare tube
  - Patch kit
  - Multi-purpose tools or wrenches
  - Small pump

#### Water Bottle Cage

- ✓ To always keep hydrated is a must and important to a cyclist to gain energy to handle the bicycle.
- ✓ Always ensure that the bottle cages are securely attached to the bicycle frame.
- ✓ Water bottle cages need to have the capabilities to hold the water bottle securely and allow easy access for cyclist to grip and hold the bottle during cycling.
- ✓ Bottle cages not only used for water bottle, but some tool kits are also available in bottle-shape.





## Section 10: Bicycle Carrier

### Rules and guidelines

- ✓ Only top carrier type is allowed, the installation of a bicycle carrier **behind the vehicle is not permitted.**
- ✓ The carrier needs to be installed on the vehicle.
- ✓ The height of the carrier shall not exceed 230mm from the top level of the roof and the width and length shall not exceed the area of the roof.
- ✓ The dimensions of the bicycle on the roof of the vehicle must not exceed the front, rear and sides of the roof.
- ✓ Bicycles need to be tied tightly and neatly so as not to endanger other road users.

Automotive Engineering Division, Road Transport Department (JPJ)





## Section 11: **rapidKL**

# Bringing Bicycle On-Board Train (cont'd.)

### Bike & ride guidelines

- ✓ Non-foldable, foldable bikes and scooters are permitted.
- ✓ Users under 12 years old must be accompanied by adults.
- ✓ Users shall enter and exit through the wide aisle gate.
- ✓ Users are reminded to use extra caution to avoid bumping into other passengers when boarding the train.
- ✓ Carry or walk your bicycle at high pedestrian traffic areas.
- ✓ Users shall allow other passengers to board and exit the train first.
- ✓ Ensure bikes or scooters are clean and free from mud and grease.
- ✓ It is allowed to carry one permitted bike or scooter at any time.



For more info, visit **rapidKL** official website.



<https://myrapid.com.my/bus-train/rapid-kl/bike-ride/>










## Section 11: *rapidKL*

# Bringing Bicycle On-Board Train (cont'd.)

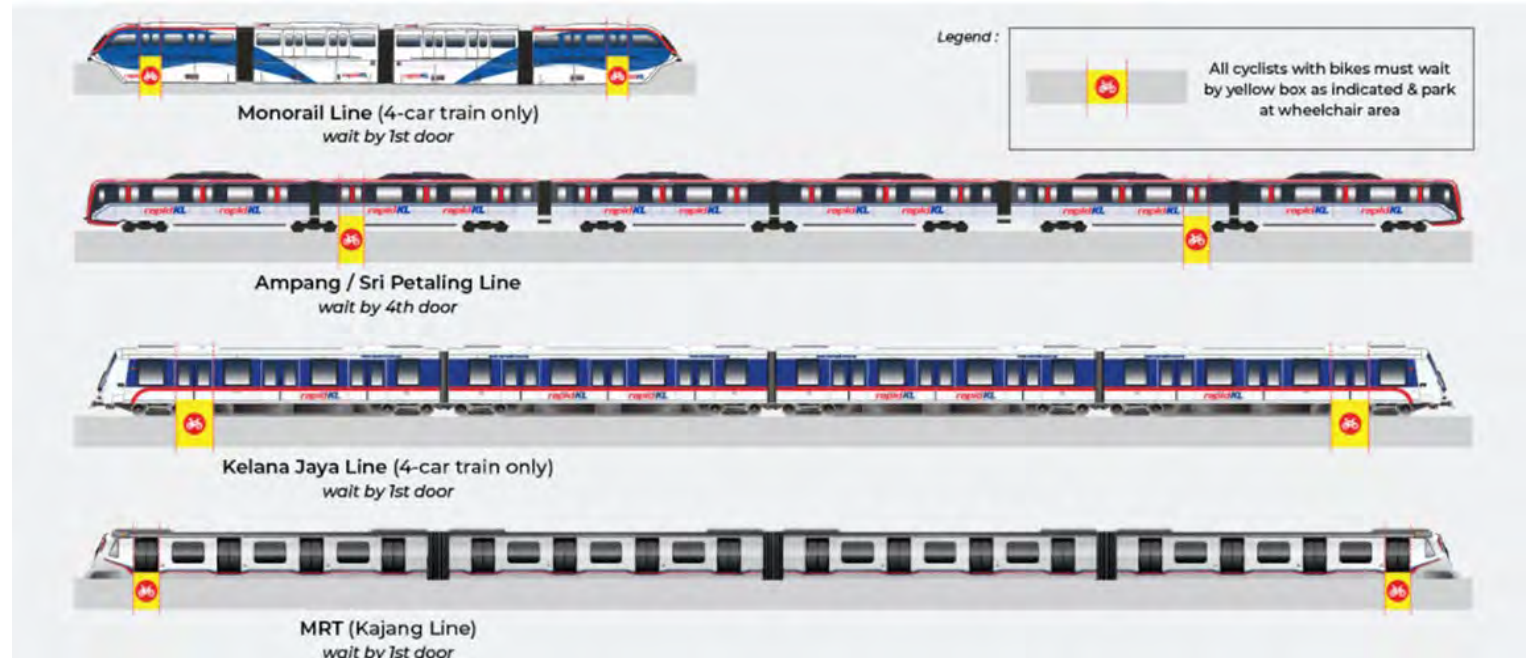
### HOURS

Day	Foldable Bikes/ Scooters	Non-Foldable Bikes
Monday - Friday 10 am - 3 pm 8 pm - 12 am (midnight)	✓	✗
Saturday, Sunday & Public Holiday 6 am - 12 am (midnight)	✓	✓

### LINES

Lines	Foldable Bikes/ Scooters	Non-Foldable Bikes
 Kelana Jaya (4-car only)	✓	✓
 Ampang	✓	✓
 Sri Petaling	✓	✓
 MRT	✓	✓
 Monorail (4-car only)	✓	✗
 BRT	✓	✗

- ✓ Users must wait by the specified doors, as indicated by the marking at the platform.
- ✓ Park at the dedicated wheelchair area onboard the trains. Priority must be given to people with disabilities (OKU).





## Section 11:

# Bringing Bicycle On-Board Train (cont'd.)

## Terms and conditions KTM Komuter Ride n' Ride

- ✓ Cyclists are responsible for the safe carriage of their bicycles.
- ✓ Bicycles should not block the aisles and doors of the train at all times.
- ✓ Bicycles should not be left unattended at any time.
- ✓ Should use the first or last coach, which is less crowded.
- ✓ Should not at any time ride on the bicycles at the station, platform or on the train.
- ✓ Required to pay charges for carrying bicycles. Payment to be made at the ticketing counter before entering the paid area.
- ✓ Foldable bicycles should be folded at all times at stations and on trains.
- ✓ Protruding parts likely to cause injury or dirty/damage property to be covered up.

For more info, visit  official website.



<https://www.ktmb.com.my>



### ROUTES AND TIME

#### Pelabuhan Klang – Tg. Malim/Batu Caves – Tampin / Pulau Sebang

##### \*FOLDABLE BICYCLES

DAY	TIME
Monday – Friday	At all times
Saturday/Sunday/Public Holiday	At all times

##### \*NORMAL BICYCLES

DAY	TIME
Monday – Friday	0930 - 1600/2000 - 0030
Saturday/Sunday/ Public Holiday	0530 – 1100/2000 - 0030

#### Padang Rengas – Butterworth – Padang Rengas

##### \*FOLDABLE & NORMAL BICYCLES

DAY	TIME
Monday – Friday	At all times
Saturday/Sunday/ Public Holiday	0530 – 1100/2000 - 0030





## Section 11:



# Bringing Bicycle On-Board Train (cont'd.)

## SAFE CYCLING GUIDE

Types permitted onboard the trains



Non-foldable bikes



Foldable bikes



Scooters

Bike transportation charge: **FREE** with every fare-paying passenger

Days permitted:	Foldable Bikes/Scooters	Non-foldable Bikes/Scooters
Monday - Friday (all day)	✓	✗
Saturday - Sunday & National Public Holiday (all day)	✓	✓

**3 B's**  
when travelling  
with your bikes  
onboard

**1 Be**  
with your bike  
at all times

**2 Be**  
sure that you  
and your bike are  
not causing any  
obstruction

**3 Be**  
considerate  
of other  
passengers

**Do's**



Enter/exit station through the wide aisle gate



Carry your bike when using the staircase



Take the lift



Allow other passengers to board and exit first



Keep bikes away from the doorway



Be with your bike at all times



Do NOT ride your bike on the platform



Do NOT use the escalator



Do NOT sit on your bike while onboard



Do NOT cause obstruction



Do NOT use the hand rail to hang your bike



The bike transportation is subject to Terms and Conditions.



Scan here for the full Terms and Conditions.  
[www.KLIAekspres.com](http://www.KLIAekspres.com)





## Section 12: Penalties

### ROAD TRANSPORT ACT 1987

RULES	DESCRIPTION	PENALTIES
<b>Rule 35 (2)</b>	Install a white light lamp at the front of a bicycle.	A fine of not exceed RM2,000 or imprisonment for a term of max 6 months.
<b>Rule 35 (3)</b>	Install a red light at the back of a bicycle.	
<b>Rule 42 (1)</b>	No one can ride a bicycle or tricycle on any road: - (a) Unless it has been equipped with an effective brake that can operate separately on at least two tires AND is also equipped with a bell; (b) In any way other than lying on a saddle; (c) While holding any object in any his hands; (d) Unless one hand is always holding the handle to turn or control the vehicle.	



## Section 12: Penalties (cont'd.)

### ROAD TRANSPORT ACT 1987

SECTION	DESCRIPTION	PENALTIES
<b>Sec 42 (1)</b>	Reckless and dangerous driving.	Imprisonment for a term not exceeding 5 years and a fine of not less than RM5,000 and not more than RM15,000.
<b>Sec 43 (1)</b>	Careless and inconsiderate driving.	A fine not less than RM5,000 and not more than RM10,000 and shall also be liable to imprisonment for a term not exceeding 12 months.
<b>Sec 44 (1)</b>	Driving while under the influence of intoxicating liquor or drugs and causing death.	Imprisonment for a term not less than 10 years and not more than 15 years and fine of not less than RM50,000 and not more than RM100,000.



## Section 12: Penalties (cont'd.)

### ROAD TRANSPORT ACT 1987

SECTION	DESCRIPTION	PENALTIES
<b>Sec 44 (1A)</b>	Driving while under the influence of intoxicating liquor or drugs and causing injury.	Imprisonment for a term not less than 7 years and not more than 10 years and fine of not less than RM30,000 and not more than RM50,000.
<b>Sec 45A (1)</b>	Driving or being in charge of a motor vehicle with alcohol concentration above prescribed limit.	Imprisonment for a term not exceeding 2 years and fine of not less than RM10,000 and not more than RM30,000.
<b>Sec 79 (2)</b>	Failure to comply with traffic sign.	A fine of not exceeding RM2,000 or imprisonment for a term not exceeding 6 months.







For more information, go to [www.miros.gov.my](http://www.miros.gov.my)

This guide is not a text of law.  
For questions of a legal nature, please  
refer to the *Road Transport Act 1987* and *Road Traffic Rules 1959*

