



Incident Protocol

What to do if you've been in a road traffic collision on your bike

It's not something any of us want to imagine, but the reality is, even when we ride carefully and follow all the Golden Rules, accidents can still happen because of other road users. If you've just been in a road traffic collision while cycling, it's a stressful situation where staying calm is key - key to making the right choices and to avoiding any rash decisions that could cause problems later down the line.

The steps below have been written to guide you on what to do if you ever find yourself in the unfortunate situation of being involved in a collision:

1. Make Sure Everyone's Safe

- Start by checking yourself over for any injuries. If you're hurt, try not to move too much—just wait for help.
- If it's safe to do so, move yourself and your bike out of traffic to avoid further danger.
- Maybe use your bike lights or a signal to warn approaching traffic about what's happened.

2. Call for Help if You Need It

- If anyone's hurt or the road is blocked, don't hesitate to call 999 (or 112). An ambulance might be needed, so don't shy away from asking for one.
- If the other driver takes off or won't cooperate, you'll need to call the police to report it too.

3. Swap Details with the Driver

- By law, both of you need to share your name, address, and contact info. Make sure you also get their car's registration number, make, and insurance details.
- Avoid saying anything like, "It's my fault." Even if you're just being polite, it could come back to bite you later when sorting out compensation.

4. Gather Evidence

- Grab your phone and snap some photos of everything—your bike, the car, and the scene.
- If there are witnesses around, politely ask for their names and contact info.
- As soon as you can, jot down the key details—where it happened, the time, weather, road conditions, and anything else that seems important.

5. **Follow Up After the Accident**

- If the police didn't come to the scene, you might still need to report the accident at a police station within 24 hours, especially if there are injuries or damage.
- Call your insurance company, even if you're not planning to make a claim, just to keep them in the loop.

6. **Get Checked Out**

- Even if you feel fine, go see a doctor. Some injuries don't show up right away, and it's better to be safe.

7. **Consider Legal Advice**

- If the driver was at fault and you've got injuries or damage to your bike, you might be entitled to compensation. A personal injury solicitor can guide you through the process.

How to Support a Cyclist After an Accident

When someone you know has been in a serious cycling accident, it can be tough to know how to help. Here's how to be there for them in a meaningful way:

1. **Right After the Accident**

- If you're with them, make sure they get medical care ASAP. While you're at it, help gather driver and witness details—they'll thank you later.
- Let their family or emergency contacts know what's happened.
- Look after their bike and belongings so they don't have to worry about them.

2. **Be a Listening Ear**

- Sometimes just being there to listen can make a huge difference. Check in on how they're feeling, physically and emotionally, but don't push if they're not ready to talk.
- Avoid chasing for updates—let them share at their own pace.

3. **Help with Everyday Tasks**

- Depending on their injuries, they might need help with things like grocery shopping, running errands, or even cooking. Offering practical support can be a big relief.
- If there's a group of friends or family helping out, coordinate so it's not overwhelming for them.

4. **Long-Term Support**

- Recovery takes time. Keep checking in with them, even weeks or months later, so they know you're still there for them.
- If they're dealing with anxiety or trauma from the accident, gently suggest talking to a counselor or therapist.

5. **Rebuilding Confidence**

- If they're ready to get back on the bike, offer to go for short, low-pressure rides in quiet areas. Make it fun and supportive, without pushing them too hard.

6. **Legal and Financial Help**

- They might need help navigating insurance claims or finding a solicitor. Offer to help with the paperwork if they're overwhelmed.
- If the accident has caused financial stress, like time off work or medical bills, consider discreetly organizing a fundraiser or offering private support.