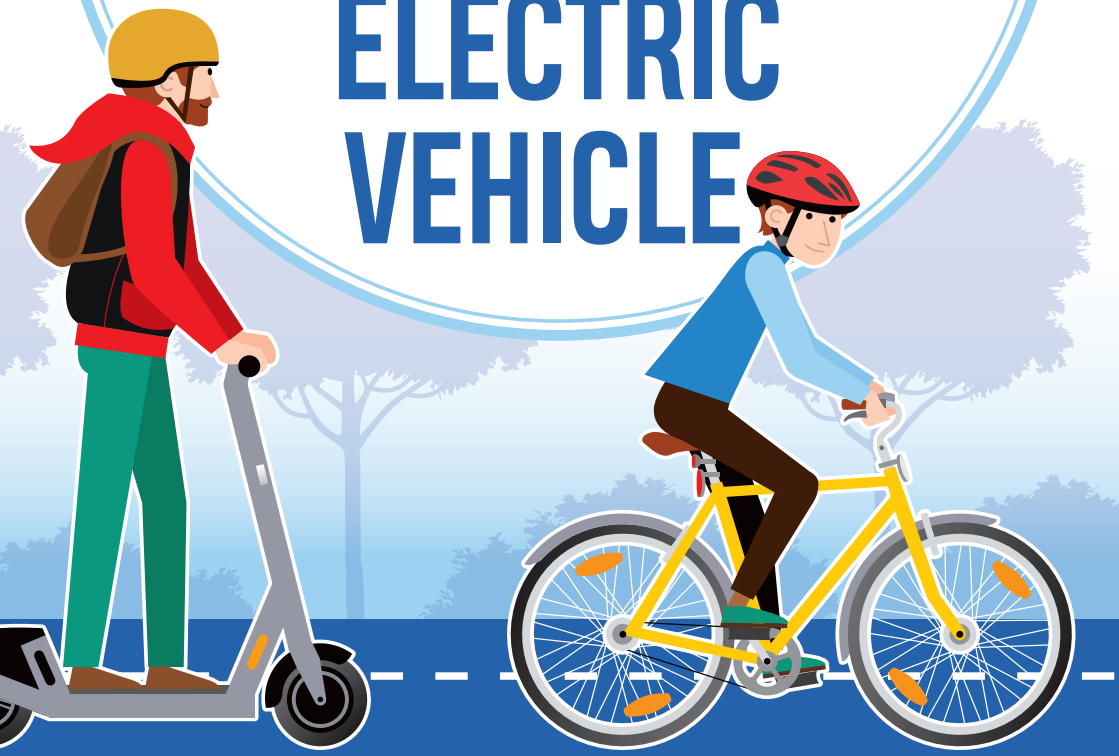
TRANSPORDIAMET

USING A BICYCLE, A LIGHT MOPED OR A PERSONAL LIGHT ELECTRIC VEHICLE



Dear driver,

you are reading information material introducing the main traffic rules concerning cyclists and drivers of light mopeds and personal light electric vehicles, the technical and safety requirements for vehicles and the recommendations for the safer use of roads.

When cycling or driving a light moped or personal light electric vehicle, you are a driver who must comply with the traffic rules imposed on drivers and pay attention to pedestrians and other cyclists and drivers of personal light electric vehicles. As a driver you must always avoid endangering and causing damage to less protected road users.

Safe driving!

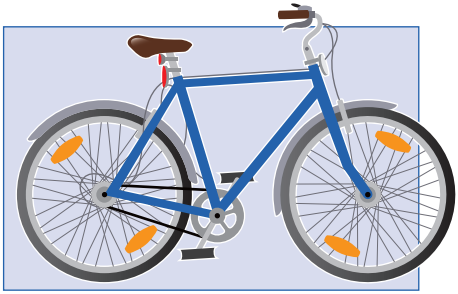
Definitions

A bicycle is a vehicle that has at least two wheels and is propelled solely by the muscular power of the person riding it by means of pedals or hand-cranks. A bicycle may be equipped with an electric motor of up to 0.25 kW whose output capacity decreases along with an increase in speed and whose power supply stops once the rider stops pedalling or before the speed of the vehicle reaches 25 km/h.

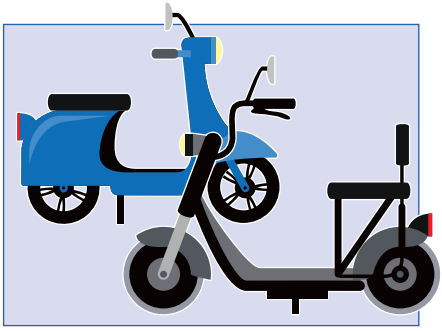
The following are not regarded as bicycles:

✓ a balance bike or a scooter, since these are the mobility devices of pedestrians

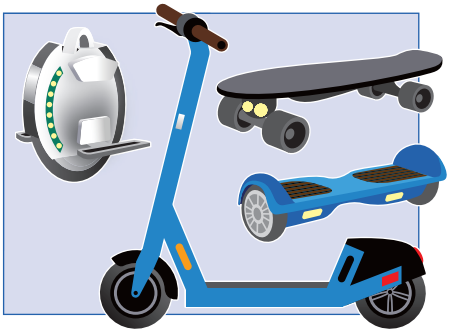
✓ a wheelchair (including electric) for a person with reduced mobility



A light moped is a vehicle that has at least two wheels and a seat and whose capacity in the case of an internal combustion engine or whose maximum continuous rated power in the case of an electric motor does not exceed 1 kW and whose design speed does not exceed 25 km/h. A light moped is a category L vehicle and must meet the manufacturer's roadworthiness requirements.



A personal light electric vehicle is a battery-powered vehicle without a seat designed for carrying one individual. A personal light electric vehicle's power does not exceed 1 kW (except for self-balancing vehicles) and its design speed does not exceed 25 km/h. Personal light electric vehicles include electric scooters, monowheels, electric skateboards and self-balancing vehicles.



	 Bicycle	 Light moped	 Personal light electric vehicle
Power	Up to 0.25 kW with an electric motor	Up to 1 kW	Up to 1 kW (except for self-balancing vehicles)
Max design speed	Up to 25 km/h with an electric motor	Up to 25 km/h	Up to 25 km/h
Wearing a cycling helmet	Compulsory for persons under the age of 16	Compulsory for persons under the age of 16	Compulsory for persons under the age of 16
Compulsory safety equipment of the vehicle	◆ a functional brake and signal bell ◆ a white reflector at the front and a red one at the back ◆ a yellow or white reflector on both sides of at least one wheel ◆ a white light must be switched on at the front and a red one at the back when riding in the dark or in poor visibility	◆ a functional brake and signal bell ◆ a white reflector at the front and a red one at the back ◆ a yellow or white reflector on both sides of at least one wheel ◆ a white light must be switched on at the front and a red one at the back when riding in the dark or in poor visibility	◆ a functional brake or a system that allows braking ◆ a device that stops a self-balancing vehicle from moving on its own ◆ a signal bell, except for personal light electric vehicles without handlebars ◆ a white reflector or light at the front, a red one at the back and a yellow, red or white one on the sides, except for personal light electric vehicles without handlebars ◆ a white light must be switched on at the front and a red one at the back when riding in the dark or in poor visibility
Age of driver	Depends on the driving location*	A person at least 14-15 years old who has the right to ride a bicycle	Depends on the driving location*

*Additional information: 'Age restrictions on riding a bicycle, light moped and personal light electric vehicle.'

Safety equipment

As a cyclist or driver of a light moped or personal light electric vehicle, you are a less protected road user. Therefore, you must pay attention in traffic. You can do a lot yourself, as safety depends on our own conduct.

Prefer clothes in colours that differ from the background of the traffic environment.

Persons under the age of 16 must wear a cycling helmet when riding a bicycle, light moped or personal light electric vehicle. This is recommended for older drivers. Children transported in a bicycle chair, seat or trailer must also wear a helmet. Helmets mitigate the severity of head injuries when falling, irrespective of the person's age.



Remember the following when buying and using a helmet:

- ✓ The helmet must meet quality standards and bear the corresponding **CE EN 1078** label.
- ✓ The helmet must be a suitable size, comfortable and adjustable.
- ✓ A thin sports hat or tube scarf is suitable for wearing under a helmet, not a thick winter hat or a cap.

- ✓ A helmet is your personal safety equipment which must be protected from damage and direct sunlight. Keep your helmet inside or in the shade.
- ✓ Helmet straps should not be twisted, since it causes discomfort and prevents you from correctly adjusting them.
- ✓ Follow the 2V1 rule when putting on a helmet and adjusting the straps (see the picture).
- ✓ The helmet should not have visible damage (cracks, holes, etc.) which reduces the level of protection in the event of falling. The recommended lifespan of a helmet is five years, depending on the frequency of use.
- ✓ Used helmets do not come with information on how their previous owner kept them (microcracks, lifespan over five years, storage temperature).



Putting a helmet on correctly following the 2V1 rule:

Place the helmet directly on your head, not too much towards the front, back or sides.



Make sure that the helmet protects your forehead: up to two fingers (not more) may fit between the edge of the helmet and your eyebrows.



The helmet straps must form a V-shape under your ears. Move the fastener under your ear and tighten the straps on both sides of your ear.



Adjust the length of the straps, so that only one finger can fit between your jaw and the fastened straps.

Finally, adjust the size of the helmet. The helmet may move a little. Fastening it too tightly causes headaches, particularly in warm weather.

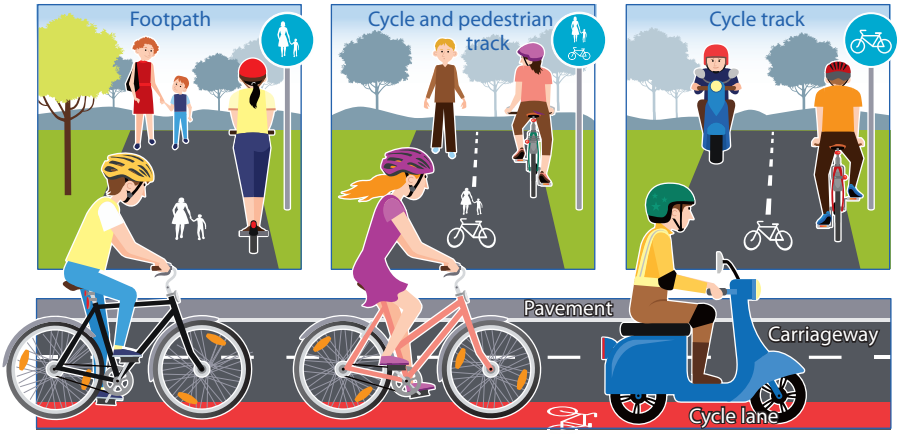




Location on the road

The following roads or parts of them are meant for riding a bicycle, personal light electric vehicle or light moped:

	Pavement	Foot-path	Cycle and pedestrian track	Cycle track	Cycle lane	Right-hand side of a carriage-way	Calm traffic area
Bicycle	!	!					
Light moped	✗	✗					
Personal light electric vehicle						!	



If several drivers are using a carriageway, they must ride in single file.

! You may cycle on pavements and footpaths (see exceptions on p. 7–8) if there is no cycle lane, cycle track or cycle and pedestrian track and riding on the carriageway causes considerable difficulties due to the road condition (slipperiness, holes in the road surface, etc.) or traffic conditions (very heavy traffic).

! You may ride a personal light electric vehicle on a carriageway only if there is no pavement, footpath, cycle track, cycle and pedestrian track or cycle lane. You must move along the right edge of the carriageway, focus on driving and follow the traffic rules imposed on drivers.

Recommendations for choosing a safer route:

- ✓ think your route through before starting the journey
- ✓ take enough time to get to your destination – a shorter route may not be the safest
- ✓ prefer streets with calmer traffic and roads separated from motor vehicles
- ✓ find out whether safe parking options are available at the destination

Age restrictions on riding a bicycle, light moped and personal light electric vehicle

Age of cyclists or drivers of personal light electric vehicles	Riding in a calm traffic area, on a pavement, footpath, cycle and pedestrian track and cycle track	Riding on a carriageway or cycle lane independently
Driver under 8 years of age	**ALLOWED** Adult supervision recommended.	**PROHIBITED** Not allowed even if accompanied by an adult driver.
8-9-year-old driver without the right to ride a bicycle	**ALLOWED** Adult supervision recommended.	**PROHIBITED** Allowed only if accompanied by an adult driver.
10-15-year-old driver with the right to ride a bicycle	**ALLOWED** (see exceptions)	**ALLOWED,** no restrictions
10-15-year-old driver without the right to ride a bicycle	**ALLOWED** (see exceptions) Adult supervision recommended.	**PROHIBITED** Allowed only if accompanied by an adult driver.
Driver at least 16 years of age	**ALLOWED** except for pavements and footpaths as a rule.	**ALLOWED,** no restrictions.

EXCEPTIONS. The following groups are allowed to ride on pavements and footpaths:

- ✓ cyclists under the age of 13 accompanied by at least two cyclists
- ✓ cyclists with reduced mobility

- ✓ cyclists transporting a young child in a seat designed for it or in a trailer
- ✓ police officers, assistant police officers and members of emergency medical staff performing their duties using a bicycle or light moped

Age of light moped drivers*	Riding on a cycle and pedestrian track, cycle track and in a calm traffic area**	Riding on a carriageway or cycle lane independently
14-15-year-old driver with the right to ride a bicycle	ALLOWED	ALLOWED
Driver at least 16 years of age	ALLOWED	ALLOWED

*A person who is at least 14 years old and has the right to ride a bicycle may drive a light moped.

**Exception: Light moped drivers with reduced mobility may also ride on pavements and footpaths.

Additional information: Chapter 7 of the Road Traffic Act 'Cyclist, rider of personal light electric vehicle and rider of light moped'.

Recommendations to parents for cycling on carriageways with children who are at least eight years old and do not have the right to ride a bicycle

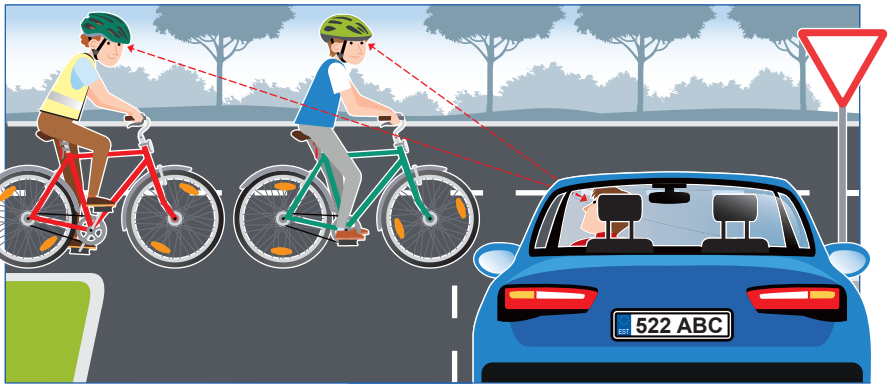
- ✓ Before cycling on a carriageway, make sure that your child can pedal and keep balance without focusing solely on that.
- ✓ Choose roads with very light traffic for riding.
- ✓ Before starting the journey, agree on the route and safety rules together.
- ✓ When riding alone with your child, ride behind them in order to be able to instruct them and monitor their riding techniques.
- ✓ Teach your child to always reduce their speed in the vicinity of pedestrians, on road sections with low visibility and at intersections.
- ✓ Before crossing a road, make sure it is safe and cross pedestrian crossings on foot, where possible.
- ✓ When cycling, pay attention to the traffic rules imposed on cyclists to make your child develop a habit: ride on the right side of the road, give a signal when turning, reduce speed at crossroads, select a safe speed that corresponds to road conditions, take other road users into consideration, be able to notice and adhere to traffic signs, etc.

Make sure to look at the virtual tours on safe road use in the 'Aga mina liiklen ohutult' online environment.

Riding on carriageways

When riding on carriageways, you must adhere to traffic signs and traffic lights and indicate your intention of turning by means of signals. When riding in a group, all members have to ride in single file.

You must give way to drivers on the priority road when arriving at an intersection. If you are on the priority road, make sure that drivers approaching on a secondary road have noticed you and give way.

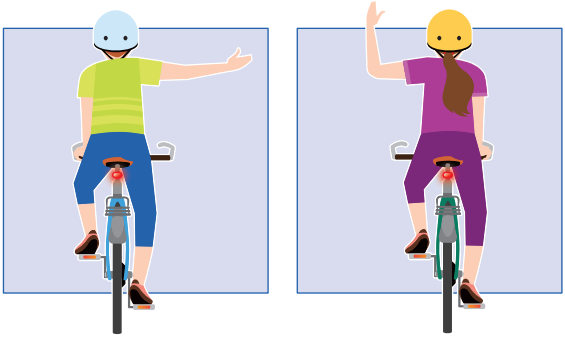


Signals given by drivers

As a vehicle driver you must notify other road users before advancing, making a manoeuvre or stopping. Let other road users know of your manoeuvre in advance by means of signals.

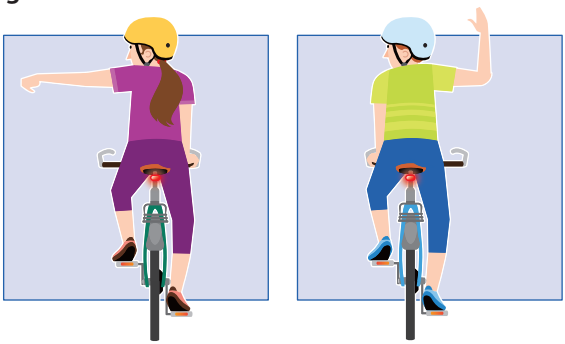
Two options for signalling a right turn:

Raise your right arm to shoulder height and hold it out straight, or bend your left arm at the elbow and hold it up at right angles.



Two options for signalling a left turn:

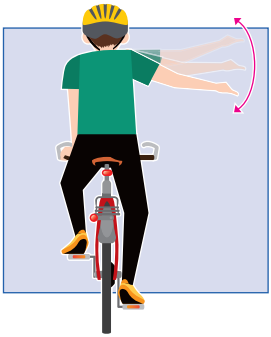
Raise your left arm to shoulder height and hold it out straight, or bend your right arm at the elbow and hold it up at right angles.



You have to look over your shoulder and make sure that you have been noticed and will not ride in front of drivers approaching from behind before and after signalling a left turn.

It is advisable to avoid left turns on carriageways with heavy traffic. It is safer to cross the road as a pedestrian, using a pedestrian crossing or crossing where possible.

To stop, move a straight arm extended to the side up and down. The stopping signal must be given if you are planning to brake/stop.



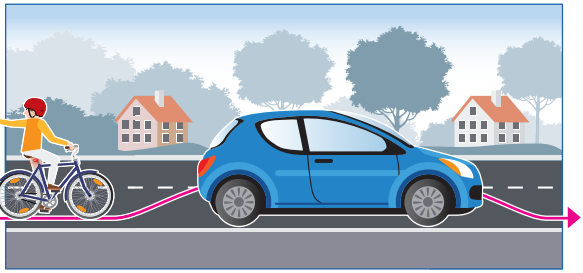
Signals must be given at least three seconds before:

- ✓ advancing;
- ✓ making a right, left or U-turn;
- ✓ changing lanes;
- ✓ going around an obstacle; and
- ✓ stopping.

You may stop signalling immediately before advancing, making a manoeuvre or stopping the vehicle. After signalling, make sure that the manoeuvre is safe.



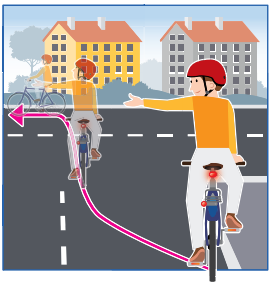
1. Advancing.



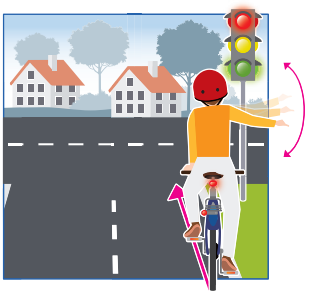
2. Going around a parked car.



3. Making a right turn.



4. Changing lanes with a left turn.



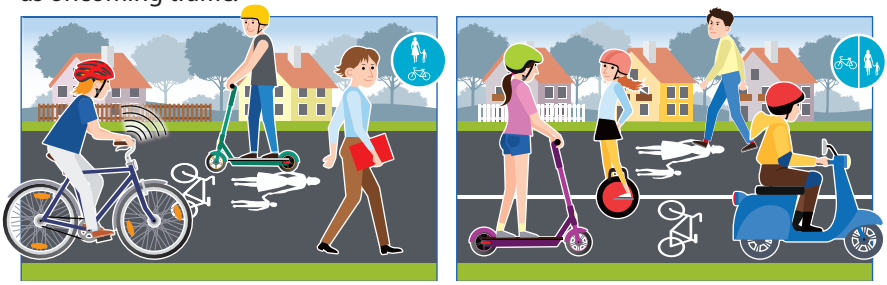
5. Stopping and braking.

Recommendations for practising signals:

- ✓ Practise riding using one hand and keeping balance during signalling in a safe area.
- ✓ Make sure that you do not move to the left or lose your balance when you practise looking over your left shoulder.
- ✓ Make the stopping signal using your right hand because it is towards the shoulder of the road.

Taking pedestrians into consideration

As a less protected road user, the safest option is to ride on cycle and pedestrian tracks or cycle lanes that are separated from motor vehicles, staying on the right edge of the road to leave room for those who overtake you as well as oncoming traffic.

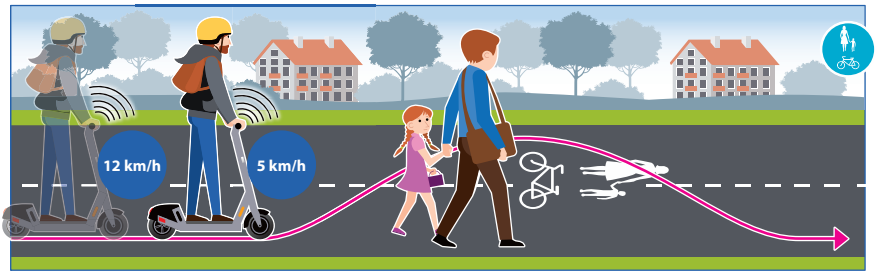


Cycle and pedestrian tracks may have different markings. Observe traffic signs and road markings.

Road users move at different speeds.

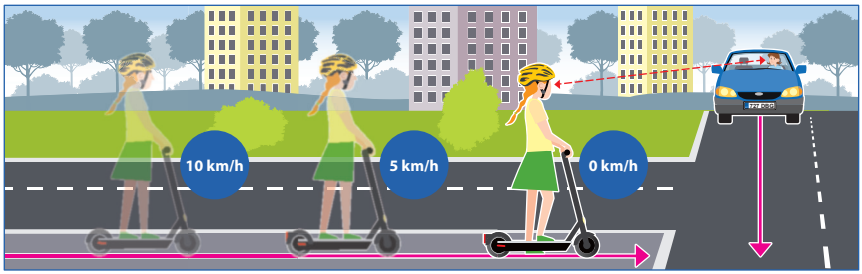


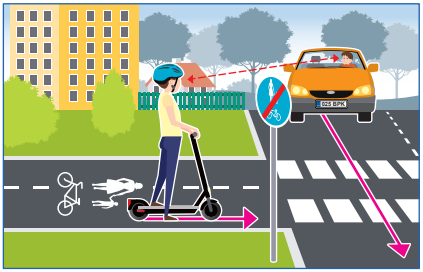
Reduce your speed before passing pedestrians and ring the signal bell, where necessary. When passing pedestrians at close vicinity, your speed may not be significantly higher than that of pedestrians. Overtake them from the left, keeping a safe lateral distance.



Crossing a carriageway

When riding on pavements, cycle and pedestrian tracks or cycle tracks, you have to reduce your speed and observe other road users as you approach an intersection. You may cross a carriageway on your bicycle only at the usual speed of pedestrians (3-7 km/h).

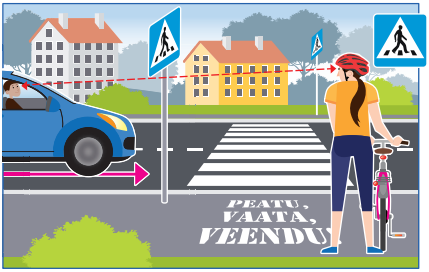




If a cycle and pedestrian track or pavement intersects with a carriageway, you must give way to drivers moving along the carriageway unless they turn onto the road which you are crossing.

You may cross an unregulated pedestrian crossing on your bicycle only at the speed of pedestrians (3-7 km/h) but you have no right of way to drivers who are approaching the pedestrian crossing directly if you do not dismount your vehicle and make sure that crossing is safe. Drivers moving on the carriageway must give way only if they turn onto the road which you are crossing at the speed of pedestrians.

It is safer to cross a pedestrian crossing as a pedestrian, pushing your vehicle by hand, but make sure that drivers on the carriageway have noticed you and give way.



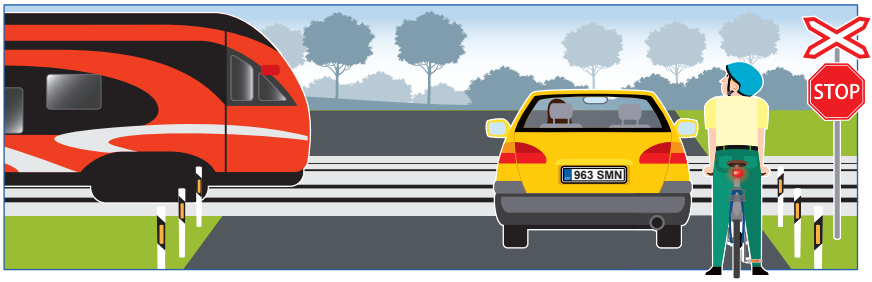
Additional information concerning the obligation of giving way is available in Division 4 of the Road Traffic Act.

Crossing a railway

When approaching a railway crossing, you must always reduce your speed and dismount your vehicle. Railway crossings are designed to enable pedestrians to cross railways. Trains are always on the priority road!



As a driver moving on a carriageway, you must always give way to trains at railway crossings. When approaching a railway crossing, reduce your speed and adhere to traffic signs or railway traffic lights. You may not cross the railway if red lights are flashing and a barrier stops you from moving forward. Trains are always on the priority road because they have no possibility of dodging and their stopping distance is around one kilometre.

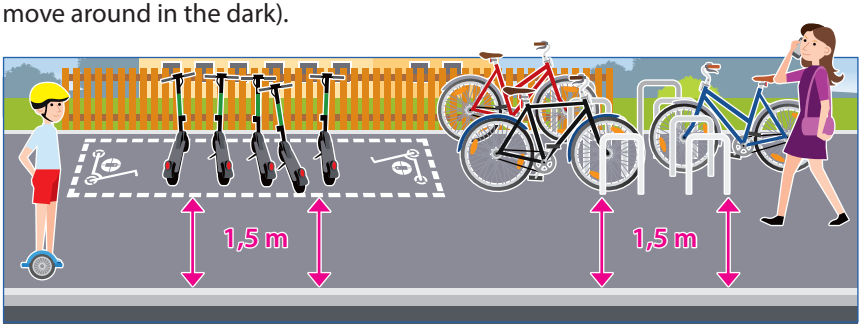




Make sure to look at the virtual tours on safe road use in the 'Aga mina liiklen ohutult' online environment.

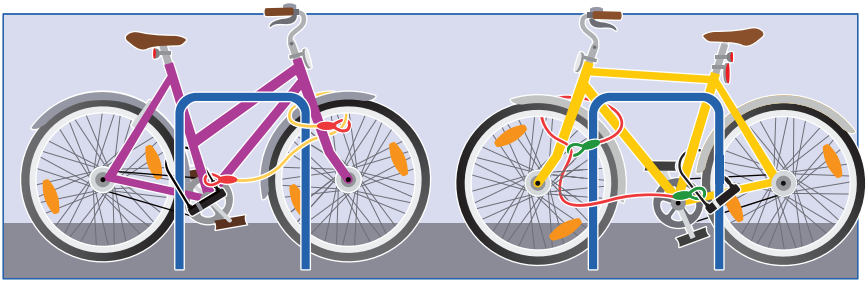
Parking

You may stop and park a bicycle, light moped or personal light electric vehicle on a pavement in a built-up area, but you must leave at least a 1.5-metre-wide strip for other road users. Vehicles parked in the middle of a pavement are dangerous to other road users (visually impaired people, road users who move around in the dark).



Recommendations for locking your bicycle or light moped when parking:

- ✓ invest in a bicycle lock
- ✓ attach the vehicle to a firm unmoving object, through the frame and rear wheel where possible
- ✓ choose a public place with many bicycles where stealing is more difficult



General obligations of cyclists and drivers of personal light electric vehicles and light mopeds

As a driver, you have to act in a way that does not endanger pedestrians or self-driving delivery robots and other cyclists or drivers of personal light electric vehicles or light mopeds. You must pay particular attention to children, the elderly and people with symptoms of an illness or with mobility or visual impairments. Politeness starts with us, also in traffic!

In order to avoid dangerous situations, cyclists and drivers of personal light electric vehicles or light mopeds are not allowed to:

- ✓ drive a vehicle while intoxicated;



- ✓ be distracted by other activities when driving (using a smart device);



- ✓ ride without holding on to handlebars;



- ✓ ride in such a manner that all wheels are not against the road surface at all times;



- ✓ carry passengers who do not sit in a seat designed for passengers or do not wear a helmet or if the vehicle is not designed for carrying passengers (e.g. transporting another person on a luggage carrier);



- ✓ tow a trailer which is not designed to be pulled by a bicycle, light electric vehicle or light moped;



- ✓ carry large objects that interfere with driving or endanger other road users;



- ✓ let other drivers pull their vehicle (e.g. a bicycle behind a car).



Check your knowledge of the traffic rules imposed on cyclists and drivers of light electric vehicles and light mopeds in the test environment on the **transpordiamet.ee** website.

IMPORTANT PHONE NUMBERS

Emergency number 112

Call the emergency number 112 if:

✓ you need fast medical aid;

✓ you need the help of the rescue services or the police;

✓ your or another person's life, health, property or the environment is in danger or there is reason to believe that something dangerous is about to happen; or

✓ a traffic or other accident with casualties has taken place.

State helpline 1247

(environment, roads, rescue)

Customer support of the Transport Administration

620 1200

