



Bicycle Safety Promotion Logo

For parents/guardians

When you are riding a bicycle with your child, follow the rules

Bicycles are now also subject to enforcement of traffic laws

It's up to you to protect your child

Use electric bicycles safely

Step on the pedal slowly when starting



ON!



When turning on the power, keep both hands on the handlebars and both feet on the ground

Do not carry a child on your front

There is a risk of head injury to the child. While riding, carry the child on your back using a child carrier or similar device.
*If riding with two children, you must not carry a third on your back.



Wear a helmet

- All persons riding a bicycle must endeavor to wear a helmet. (Road Traffic Act, Article 63-11) (Tokyo Metropolitan Ordinance on the Promotion of the Safe and Appropriate Use of Bicycles, Article 19)
- 64%* of cycling fatalities are caused by **head injuries**.
*Metropolitan Police Department statistics (2020-2024)



It is mandatory for bicycle users to take out liability insurance for accidents while using a bicycle!

In a bicycle accident, not only the rider but also another person could be injured. As a precaution, all bicycle users are required to take out accident insurance for liability coverage in the event of death or bodily injury to a third party caused when using a bicycle. When a minor uses a bicycle, the parent or guardian must take out accident insurance for liability coverage.
(Tokyo Metropolitan Ordinance on the Promotion of the Safe and Appropriate Use of Bicycles, Articles 27 & 27-2)

In some cases, parents have faced compensation claims of around **¥95 million** for bicycle accidents caused by minors.

Check here for details on bicycle insurance ▶



When riding with two children, choose a bicycle that meets industry standards

When riding a bicycle with two children, use a "double child-seat bicycle" that meets the industry standards (BAA or SG +Double Child-Seat marks). Do not ride with two children on a regular bicycle that has been fitted with two child-seats.

* "Child" here refers to children younger than elementary school age. **Elementary school students cannot be seated in child seats**



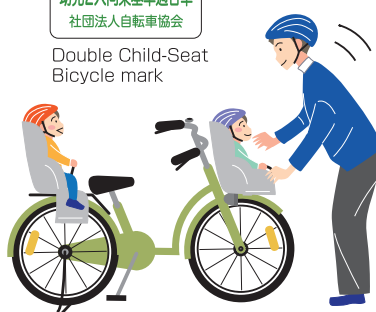
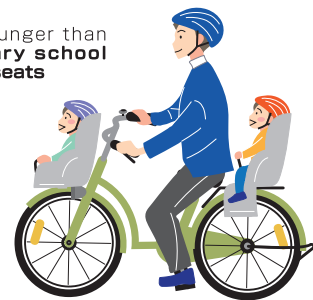
BAA mark



SG mark



Double Child-Seat Bicycle mark



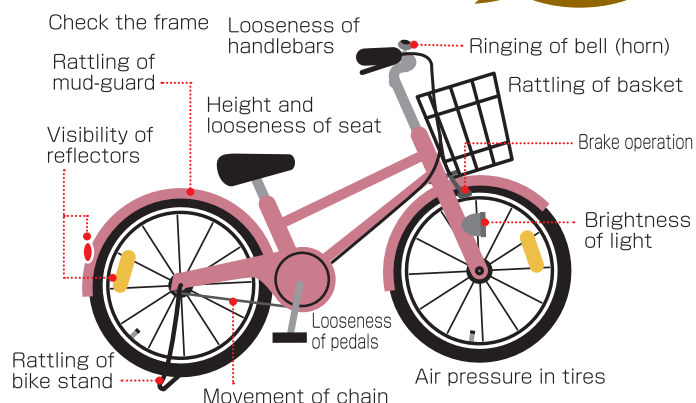
Attention

- Always fasten the seatbelt when placing a child in a seat
- Never leave the bicycle unattended while a child is seated in a seat

Inspection & maintenance

Check and maintain your bicycle on a daily basis. Also, have your bicycle checked and maintained once a year at the bicycle shop.

Check each part!



Please check before taking out insurance!

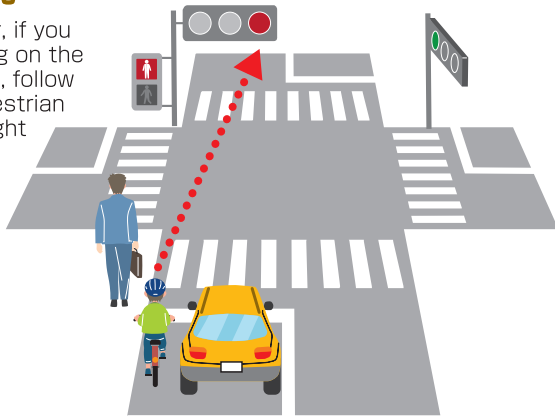
Insurance for third party accident liability while using a bicycle can be taken out as an add-on option to other insurance policies such as accident, fire, or car insurance. Some insurance also comes with the TS (Traffic Safety) mark sticker attached to bicycles that have been inspected and maintained. For details, please contact your insurance company or insurance agency.



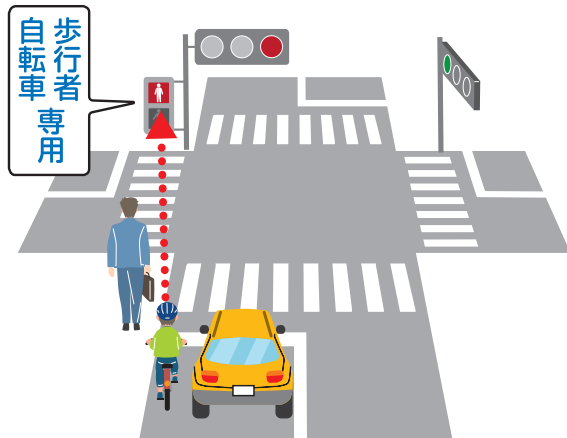
Let's review the bicycle rules again

If there is no "Pedestrian and Bicycles Only" sign on the traffic light, you must follow the traffic light for vehicles

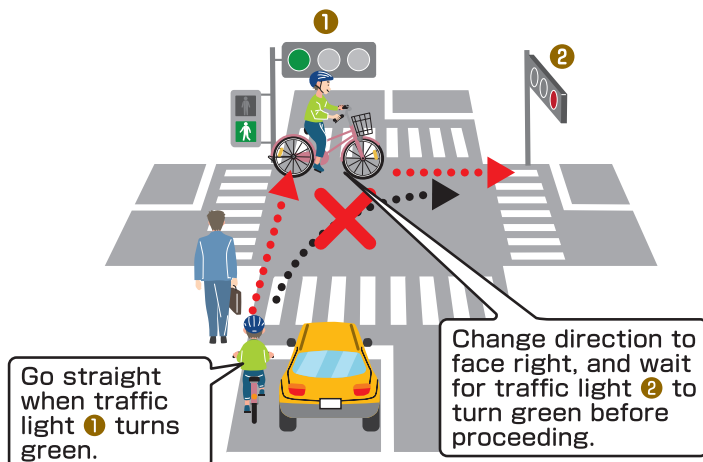
However, if you are riding on the sidewalk, follow the pedestrian traffic light



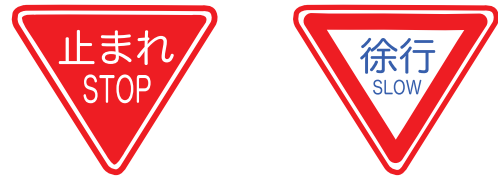
When there is a "Pedestrian and Bicycles Only" sign on the traffic light you must follow that traffic light



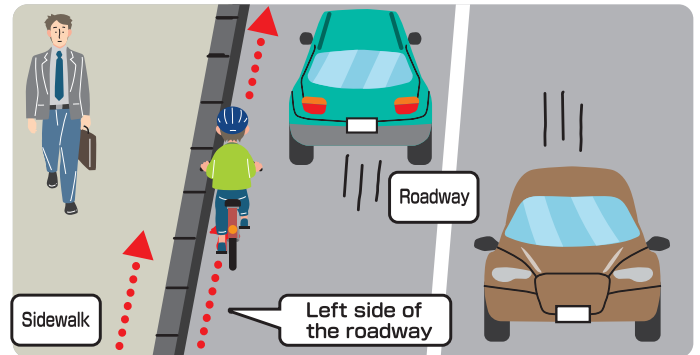
When making a right turn, you must make the turn as shown



Safety must be observed by following road signs and signals, and proceeding at a speed that allows you to stop immediately



On roads where the roadway and sidewalk are separated, as a general rule, the bicycle must run on the roadway



When riding on the roadway, you must use the left side

When riding on the sidewalk, stay near the road and proceed at a safe speed. Stop whenever there is the possibility of blocking pedestrian passage.



Riding on the sidewalk is allowed:

- When a road sign indicates that bicycles can travel on the sidewalk
- When it is unavoidable to ensure the safety of bicycle traffic, etc.

歩行者優先

Traffic Infraction Notification Procedure for bicycles comes into effect on April 1, 2026

Certain violations committed by bicycle riders (aged 16 or older) are subject to the Traffic Infraction Notification Procedure

Let's review the rules!

Read it with your family!

TOKYO Bicycle Rulebook

Traffic rules clearly explained with illustrations and graphs.



Have fun learning on your smartphone!

TOKYO Bicycle Safety Learning App "Rin-toré"

Try a virtual bicycle ride to train your hazard prediction skills.



When riding a bicycle, avoid dangerous riding behavior and pay close attention to the movements of vehicles beside and behind you.

The Tokyo Metropolitan Ordinance on the Promotion of the Safe and Appropriate Use of Bicycles stipulates provisions such as having bicycle liability insurance and wearing a helmet. Issued March 2026 Leaflet promoting and raising public awareness regarding safe use of bicycles Edited and issued by Tokyo Metropolitan Government Inquiries: 03-5388-3123

