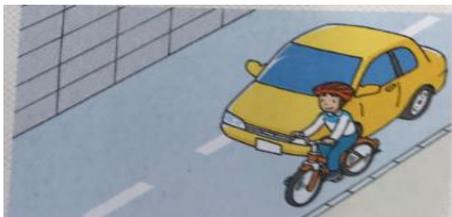


You Can Prevent Accidents By Not Biking Recklessly And Following The Rules Of The Road!

In Principle, Ride Your Bike on the Road and Not on the Sidewalk



Ride Your Bike on the Left Side of the Road



Slow Down and Give Right of Way to Pedestrians



Wear a helmet



Remember the Rules of the Road

- Stop at intersections and train tracks before continuing
- Use a headlight at night
- Ride single-file if in groups
- No biking while intoxicated
- Follow traffic light signals
- No double riding



■ Cycling Seminars

Cyclists who have been arrested twice or more within three years due to certain violations (such as ignoring traffic lights, biking while intoxicated, etc.) are required to take a cycling safety seminar (these seminars are held at either the nearest Driver's License Center or Police Station).

■ You can take preventative measures against accidents or injuries by having Personal Liability Insurance

Liability for damages caused in bicycle accidents are covered by Personal Liability Insurance (個人賠償責任保険・こじんぱいしょうせきになほけん・Kojin Baishō Sekinin Hoken), whereas personal injuries are covered through Accident Insurance (傷害保険・しょうがいほけん・Shōgai Hoken). Make sure to review and confirm the details of your insurance coverage.

Subject \ Type of Insurance	Party Involved in the Accident		Oneself
	Life · Body	Property	Life · Body
Personal Liability Insurance	○	○	×
Accident Insurance	×	×	○

For inquiries regarding insurance, call: ☎03-3255-1215 (The General Insurance Association of Japan)

It is mandatory to have Cycling Insurance in Nagano Prefecture. To learn more about cycling laws and Bicycle Liability Insurance, please visit the Nagano Prefectural Government homepage.

Search for:

<https://www.pref.nagano.lg.jp/kurashi-shohi/anzen/201903hokenkanyu.html>