**Theme: Be vigilant and anticipate what others might do.**

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| **Sub-theme: Pay attention; stay alert.** | **Respondents** |
| **22 (13M, 9F)** |
| **Responses:**  M it's just a matter of just paying attention to the people you're sharing the road with. (#1)  F I think it's just paying attention. (#10)  M Pay attention to the road, that is your main thing. Be prepared to stop at any – at any notice. (#4)  F I'm just always on edge and, like, aware of what - who's going to come into my lane so that I could curve or dodge them at the last second. (#11)  M I think, just being aware, because generally in that kind of situation, your bell or your voice doesn't do anything. So it's more about being aware you know - swerving, braking, things like that. (#12)  M Watch. Watch. And one more time - watch, you know? (#14)  M Yeah, I just try to be aware, look out, I guess. (#15)  F I'm on high alert all the time riding here. (#16)  F Make sure you're, you know, like, very aware of what's happening. (#17)  M You just need to be ultra-aware and have - you know, you need to have that same awareness when something goes in your peripheral vision - you can automatically slam the brakes on, and that's the kind of thing, you know, like a motor reaction you learn, it's like, it becomes instinctive, and I think newer cyclists don't have that. (#18)  M One has to always be aware, and I think after 42 years you kind of - like driving, you become - subconsciously you have to be aware of anything happening, you know, coming from the side or the front. I'm not too aware of what's behind me, because I don't have any mirrors or anything ..... listening, being aware of what's around. (#19)  F I am always, like, super aware of doors and people crossing streets and cars not like, turning without - because these things happen so many times like, it has happened to me also so many times, that I'm always, like, extra very focused, I guess. (#2)  M I'm focused and attentive to my riding. (#21)  F And just really just be as cautious as you would be in a regular motor vehicle. (#22)  F Staying vigilant and aware of your surroundings. (#23)  F So, I think that bike riders really are kind of at the bottom of the pecking order in terms of - in terms of street use and safety, and have to just be incredibly vigilant. (#24)  M Again, just, you know, just anticipating, looking, you know, keeping alert. (#3)  M So, it's about, like, anticipation, like, you know, you have to be very alert. (#5)  M [f/u Q: You mentioned defensive driving are you able to break that out in any more detail as to what you feel that entails?] Well, paying attention to what the people around you are doing and trying to anticipate what you need to do. (#7)  F Pay attention be aware of your surroundings - that's pretty much all you can do to keep safe. (#8)  M Also just being really open to the idea that, like, that people will just do all sorts of unexpected things, so, you know, you have to kind of - not - you know just pay - be paying attention. (#9)  M Just be mindful of my surroundings, and I'll constantly pay attention to the cars next to me and in front of me. (#20) | |

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| **Sub-theme: Actively monitor the situation around you.** | **Respondents** |
| **14 (7M, 7F)** |
| **Responses:**  M Keeping my eyes up at the one-ways and where the traffic's going to be coming from, keeping my eyes and ears on the other traffic signs or traffic lights, stop lights, and see where you know - making sure I know I will be able to go through a red or go through a green light safely, and just keep my you know, keep my awareness also to the back of me, and just making - keep my ears and senses open just to hear and see what's coming behind me. (#1)  F I try to keep my head up and scanning as much as I can. (#10)  F I always look back, like, turn my head all the way around to look. (#11)  M you have to work like a reconnaissance radar to be frankly honest. You have to keep your eyes in all directions. You have to keep your eye on the traffic lights, keep your eye on cars approaching you from all directions, you have to keep your eye on pedestrians - it's a lot of maneuvering that you have to do, but as a bike rider you sort of, like, do these things spontan-, mostly without thinking about them, so, like, they are - they are automatic responses, just like driving a car. (#13)  M You have to watch, you have to watch that's the main point - you have to have your eyes around your head. (#14)  F I'm constantly, like, just turning left to right looking for traffic, to see if there's, like, any cars that have ran a red light, or any emergency vehicles, any pedestrians like, I'm kind I'm looking down as well, I'm trying to determine whether or not the road conditions are safe. If it was, like, raining earlier, is the road really slick? (#16)  F Just basically, like, checking my surroundings at all times - (unintelligible 1-2 words) - you know, kind of anticipate what other people are going to do. (#22)  F I am constantly sort of scanning my surroundings, being aware of cars that are parked and potentially opening doors, cars that are signaling to turn - for instance, they'll just, like, soar right into the bike lane to turn, without realizing that you are (garbled). (#23)  F just trying to keep one's eyes open and be ready to stop and, you know, maneuver and kind of keep an eye for what, you know, what's going on behind in terms of cars that are coming so that if you have to make an evasive move, you know, knowing whether you can do that safely or whether you need to hit the brakes……  I'm not plugged in, I'm not - you know, no earbuds, no - you know nothing that would decrease my ability to hear what's going on around me. Because I fi- I think that that's - to me - hearing what's going on behind me. You know, does it sound like a truck or a school bus? I know I'd better try to, you know, make as much room as possible. Does it sound like some jackass with his, you know, foot on the accelerator, gunning it? You know, those are all really important clues. (#24)  M My eyes are always moving. I'm looking at the sidewalk, who's walking, who I again, if I see someone walking perpendicular to the pavement, that means they're going to head out into the street. I'm constantly turning my head, you know, one, for practice for when I do need to turn my head to see if, you know …. Sometimes people are afraid to take their eyes off the road, but I turn my - to see what's behind me, what kind of cars are behind me, eyes constantly moving, looking back, you know, turning the body, hand signals, you know - I'm alert as possible. You know - It is draining sometimes, but you know what? I'd rather do that than spend a couple of days in the hospital. (#3)  M I'm looking behind me as well as in front of me. (#7)  F Just paying more attention and - that's pretty much all it goes down to, you have to be very aware of your surroundings, and very cautious. (#8)  I'm also just really, like, hearing if there's any cars behind me, you know, and I've also very recently probably looked behind me to know if there's anything there too. (#9)  M I'm riding, I am looking at least a block ahead of me, I'm looking at using my peripheral vision to look both to my left and right, as well as glancing from side to side, just checking to see if any pedestrians are trying to, like, cross in between parked cars, because they don't all cross on the corners, and making sure that somebody just doesn't dart out and I run into them. Looking for - looking - as I'm riding along the bike lane, if there's parked vehicles towards my right or left, I try to pay attention, if I can see through, to make sure somebody's not sitting inside, where a potential door could fly open. And I'm pretty much just aware of my surroundings, listening - as I said before, I used to ride with headphones on years ago, and I realized just how dangerous it is, because I couldn't really hear the traffic around me too well, so - just be mindful visually as well as audibly what is around you. (#20)  M One has to always be aware, and I think after 42 years you kind of - like driving, you become - subconsciously you have to be aware of anything happening, you know, coming from the side or the front. I'm not too aware of what's behind me, because I don't have any mirrors or anything ..... listening, being aware of what's around. (#19) | |

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| **Sub-theme: Anticipate what will happen or might happen.** | **Respondents** |
| **14 (8M, 6F)** |
| **Responses:**  F I go slow and, like, try to predict what's going to happen. (#11)  M And you have to anticipate what's going to happen, otherwise you might be in trouble. (#14)  M I'm paying attention to, you know, just vehicles and what they do - I just feel like I can predict what they're going to do - I'll always assume the worst. I just assume that that car might turn right when I'm going if I'm going through an intersection and the car is next to me, I'm going to assume that they're going to turn into me, so that I avoid that situation. (#15)  F think it's, like, trying to see, like, what kind of a driver the other per you know, the person is like, I'm thinking especially when, like, the bike lane is blocked and you have to go around it, like, are they going to be the type of car that, like, wants to zoom past you because you're not going fast enough? Or, like, are they going to, you know, give you a bit of room? (#17)  M just try and stay away or, you know, just think ahead of the game: you know, you know they're going to suddenly cut left or, you know - guard against that. (#18)  M one has to always be aware, and I think after 42 years you kind of - like driving, you become - subconsciously you have to be aware of anything happening, you know, coming from the side or the front. I'm not too aware of what's behind me, because I don't have any mirrors or anything but - It's always being - anticipating what someone's going to do - if they are likely to just, like, step in front of you if they're a pedestrian, or if they're a car that appears to want to turn and simply doesn't acknowledge your presence so yeah, it's awareness. (#19)  F when there are, like, lots of people around me and lots of traffic, I just go, like, pretty slow - I mean, not slow, but I - yeah, I try, like, to anticipate, so if there is anything, I can, like, hit my brakes and not crash, or hit anyone. (#2)  F always just like, same thing you would do when you're driving a car - kind of anticipate what other people are doing, especially with pedestrians, so even if they don't have the right-of-way or the light but if there are not cars coming, then they tend to cross the street anyway, even if they see a bike, so kind of anticipating that. (#22)  F I anticipate cars potentially, you know, drive swerving into the bike lane, or, like, opening their doors. (#23)  F I'm not plugged in, I'm not you know, no earbuds, no - you know nothing that would decrease my ability to hear what's going on around me. Because I fi- I think that that's to me hearing what's going on behind me. You know, does it sound like a truck or a school bus? I know I'd better try to, you know, make as much room as possible. Does it sound like some jackass with his, you know, foot on the accelerator, gunning it? You know, those are all really important clues. (#24)  M And also pedestrians, I wrote down, also pedestrians. You know, if I see someone walking perpendicular on the sidewalk, to the sidewalk, that means they're going to come out into the street, so if there's a van or a big truck, you know, I'm - again, I look back to make sure I'm able to swerve, sometimes, you know, I ring my bell to let people know that, you know - I'm anticipating them jumping out, they're not looking. (#3)  M So, it's about, like, anticipation, like, you know, you have to be very alert. So you know - This is where it's kind of close, and you have to, you know, do what you can do to avoid a situation. That's really it you need to figure out how to avoid bad situations, whether that means, you know, doing something differently on your own or just being more cautious and careful. (#5)  M Trying to look out and to anticipate what people are doing, and you know, I guess - you know - driving - defensive driving, like, so a similar kind of strategy. [f/u Q: You mentioned defensive driving are you able to break that out in any more detail as to what you feel that entails?] Well, paying attention to what the people around you are doing and trying to anticipate what you need to do. So that means, like, if you - that you see somebody in front of you, you kind of give them room, you know, like, whether it's a cyclist or a car, ..... But also, like, trying to kind of give other people way, like, allow people to go ahead you know, if you see a person about to cross the street, you slow down, you know, because, maybe they're going to, you know- whether they're going to stop when they reach the curb or not is unclear so - that kind of thing. (#7)  M I think I just generally try to be really perceiving of what is going on, and then and then imagining how - my safe route through all of that you know and then really focusing like, I guess just - also just being really open to the idea that, like, that people will just do all sorts of unexpected things, so, you know, you have to kind of not you know just pay - be paying attention. (#9) | |