

Sun Glare Safety Tips for Bicyclists & Drivers



What is Sun Glare Blindness?

At times near sunrise and sunset, drivers may be blinded temporarily by the brightness of the sun low on the horizon. This can be a particularly dangerous situation during morning and evening commute time when many people are sharing the road.

Tips for Bicyclists

- Know who CAN'T see you. A bicyclist riding into the low sun and having a hard time seeing the road ahead has an indication that drivers are probably having a hard time seeing, too. However, a bicyclist riding away from the sun faces a path that appears clear, but drivers in oncoming cars might be experiencing sun glare blindness. Your long shadow is the key: ***Your shadow points in the direction of the drivers who CAN'T see you.*** If your long shadow is pointing ahead of you, oncoming drivers could turn left in front of you without seeing you.
- How to stay safe:
 - Be visible -- wear bright-colored clothing and use a bright white headlight and a red taillight.
 - Be watchful for indicators that drivers may be struggling to see the road. Are they squinting? Is their sun visor down? Is the pavement wet and shiny? These are signs that you may need to take an extra step to stay safe: stop, get off your bike, and walk on the sidewalk.
 - Choose the safest route: ride on streets with trees or buildings that block the sun. Ride slowly and carefully.
 - Modify your route when possible. Since riding directly towards or away from the sun (east-west) can be problematic, ride north or south for a while until the sun positioning has changed (usually 10-15 minutes). However, be mindful of drivers travelling east-west who may not see you when they enter an intersection.



Tips for Drivers

- Ensure your windshield is clear of grease or grime inside and out which helps cut down on the glare.
- Reduce your speed, especially when approaching intersections and corners.
- Watch out for vulnerable road users such as pedestrians, cyclists, and motorcyclists and allow extra space.
- Be particularly aware of the dangers of sun glare when travelling east in the mornings and west later in the day.
- ***If you really can't see the road ahead of you, safely pull over and wait for the glare to subside.***