



Q My local council has put in a series of traffic-calming measures with signage compelling vehicles to pass to the right. There is a space to the left, presumably for cyclists, but the sign says to go right. What is the situation for cyclists? Common sense says pass to the left; the law says pass to the right. Ross Bannister

This signage presents an interesting dilemma. On the one hand there is a red circle sign: a prohibitory traffic sign indicating an order that must be obeyed.

There is also the blue circle sign, which gives a positive instruction. There are then give-way lines painted on the road, including across the narrow lane to the left, which is presumably for bikes. Yet there are no signs shown in the image which would suggest the lane is for bikes, either painted on the road or signed.

Is there any further information on the approach to this infrastructure? I can only suggest you apply common sense here and use the narrow lane if you are on a bike. To do otherwise puts you in direct conflict with traffic when there is a reasonable alternative. If you followed the signs and there was a collision here with an oncoming vehicle, then the argument would be: "Why didn't you give way?"

If you were hit in the rear, then I would pursue the driver who hit you and would not be deterred by an argument that you should have used the narrow lane to the left. I would need to consider the circumstances carefully in determining prospects of success and would always refer to the hierarchy of road users principles from the Highway Code. It is poor infrastructure in my opinion.

Nadia Kerr

Meet the experts



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HEALTH



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Q At nearly 60, I'm about to be prescribed support stockings for my varicose veins. Do I need to wear them when cycling? Surely the movement of pedalling must be good for blood circulation? Also, I imagine the pressure on my calves might restrict movement? Would it be OK to leave them off when I'm going on a longer bike ride?

Ann-Charlotte Holman

Varicose veins are an annoying and unsightly condition, causing aching and swollen legs and dry skin. Thankfully they can be controlled,



and support stockings are the least invasive treatment. Exercise alone, such as cycling, will help squeeze out the extra fluid from swollen legs through muscle contraction and increased venous return but wearing stockings should further reduce symptoms and prevent progression.

They may be hot to wear in summer but if fitted properly will not damage your muscles or restrict you. In fact, the popularity of compression hose (pictured) for high-level athletes is increasing. There is evidence that applying these garments after exercise reduces fatigue and delayed onset muscle stiffness (DOMS). They help eliminate lactic acid and other metabolites after exercise. Overall, using well-fitted garments will not impair your cycling and may make you more comfortable afterwards.

Dr Kate Brodie

Photo: compressport.com

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