

IT'S SIMPLE  
LOCK IT  
OR LOSE IT



**POLICE  
SCOTLAND**

Keeping people safe

**POILEAS ALBA**



Ride as much or as little,  
as long, or as short as  
you feel. But ride.

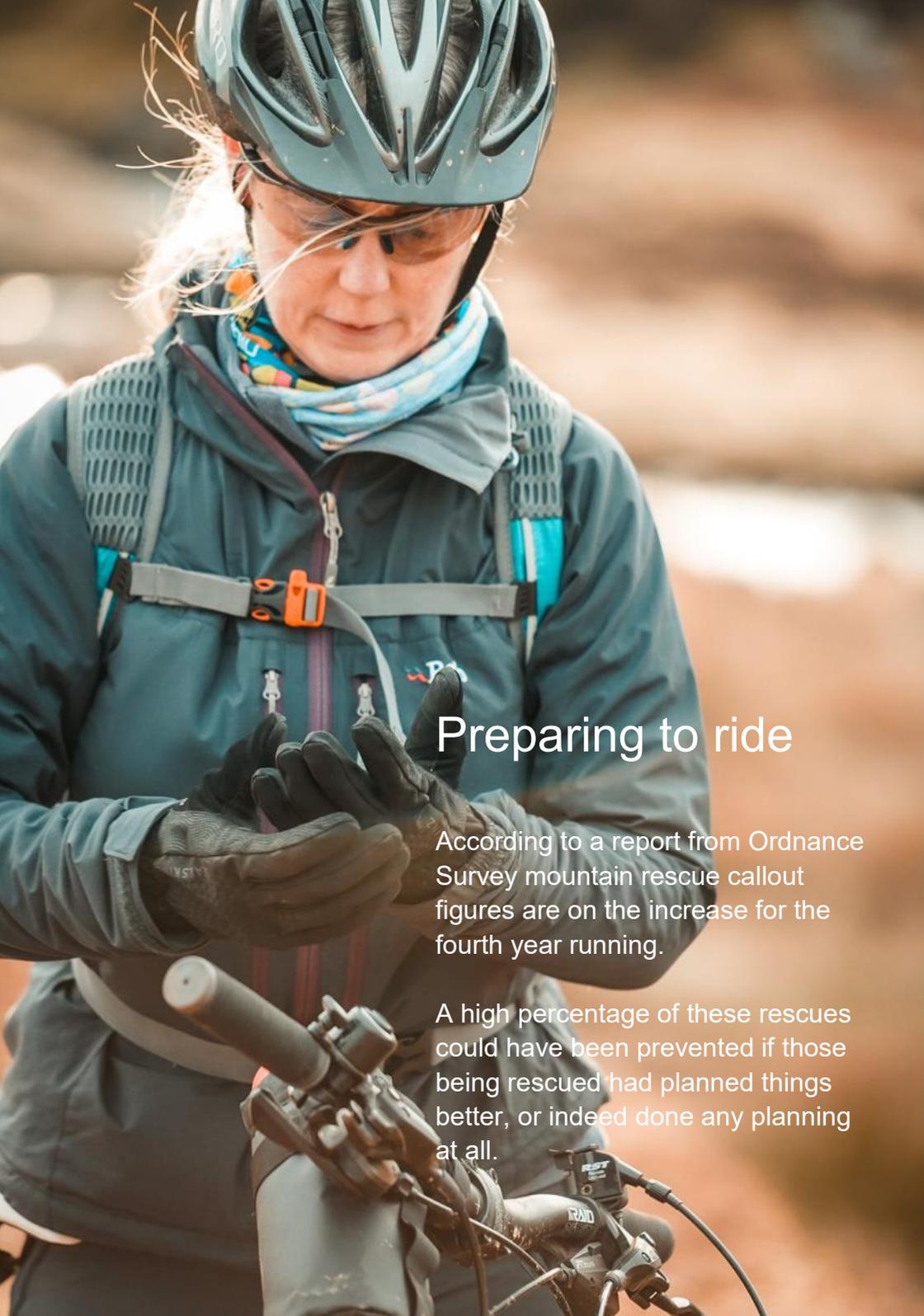
Eddy Merckx

Whether you're a keen roadie, bike packer or regularly hit the trails at Glenlivet or Pitfichie, the cycling scene in Grampian has never been more exciting.

Unfortunately as cycling becomes ever more popular, and bikes get more expensive, criminals are increasingly turning their attention to the lucrative profits to be made from stolen bikes and bike parts.

Whether you are hitting the trails, coffee shops on a long ride or storing your bike at home, follow our simple guide to keeping your bike safe with the very best locks available.





## Preparing to ride

According to a report from Ordnance Survey mountain rescue callout figures are on the increase for the fourth year running.

A high percentage of these rescues could have been prevented if those being rescued had planned things better, or indeed done any planning at all.

If you're going out for a long ride on your own, tell someone where you're going and when to expect you back. The best bike computers and cycling apps, such as Strava, allow you to send a tracking link to your loved ones so they know where you are. You can also share your location via WhatsApp.

Don't die because your phone did. 83% of people who responded to a survey from O.S. admitted that they wouldn't know what to do if they got into trouble and didn't have a phone signal.

Too many people are heading into remote areas relying entirely on their smartphone. They aren't carrying paper maps let alone a compass or whistle.



### **Research your route**

As well as looking at paper Ordnance Survey maps take advantage of digital mapping and satellite imagery.

### **Check weather**

It's easy to focus on whether it will rain but arguably it's the wind that can have the greatest impact on a day out. Wind can be exhausting and makes weather more changeable, so the windier it is the more clothing options you'll need to pack.

### **Plan shortcuts**

Stuff happens. Mechanicals, injuries, weather fronts etc. It's rare that a shortcut isn't available when riding in the UK so whilst you're plotting your intended route you should also pick out a couple of shortcut links. Make note of where the point of no return is and make sure you pause at this point during the ride and assess whether it's wise to continue.

### **Brush up your navigational skills and don't rely on your phone or GPS device.**

Phones run out of battery and GPS devices get broken in crashes. All technology can freeze up and decide to stop working. Take a paper map as a backup.



## Mental & Physical Wellbeing

‘I just love being outside. The benefits to my physical and mental wellbeing are incredible.’

Stuart Cooper, 74  
Downhill Mountain Biker

There are lots of good reasons why using your bike should be your physical activity of choice for improving your mental health.

### **It gets you out in the open**

Getting moving out in the open leaves you feeling revitalised, energised and optimistic in a way that bouncing around a gym can't, while feelings of tension and anger were reduced too. 17% fewer people who stopped cycling consider their lives worthwhile, in comparison to those who continued. So, ditch the gym and get on your bike to soak up the scenery, sunshine and positive vibes.

**Aerobic exercise reduces anxiety.** Aerobic exercise can significantly reduce feelings of anxiety, potentially preventing anxiousness from developing into full-blown panic attacks or disorders. A recent study showed people who ride a bike every day consider their life happy, compared to people who tried and stopped cycling.

### **You can ride a bike socially**

When it comes to riding a bike, you have the choice between whether you want to go solo or make it a social activity. Imagine the benefits of grabbing some friends, family or co-workers and going for a bike ride as a team sport.

### **It's a proven stress-reliever**

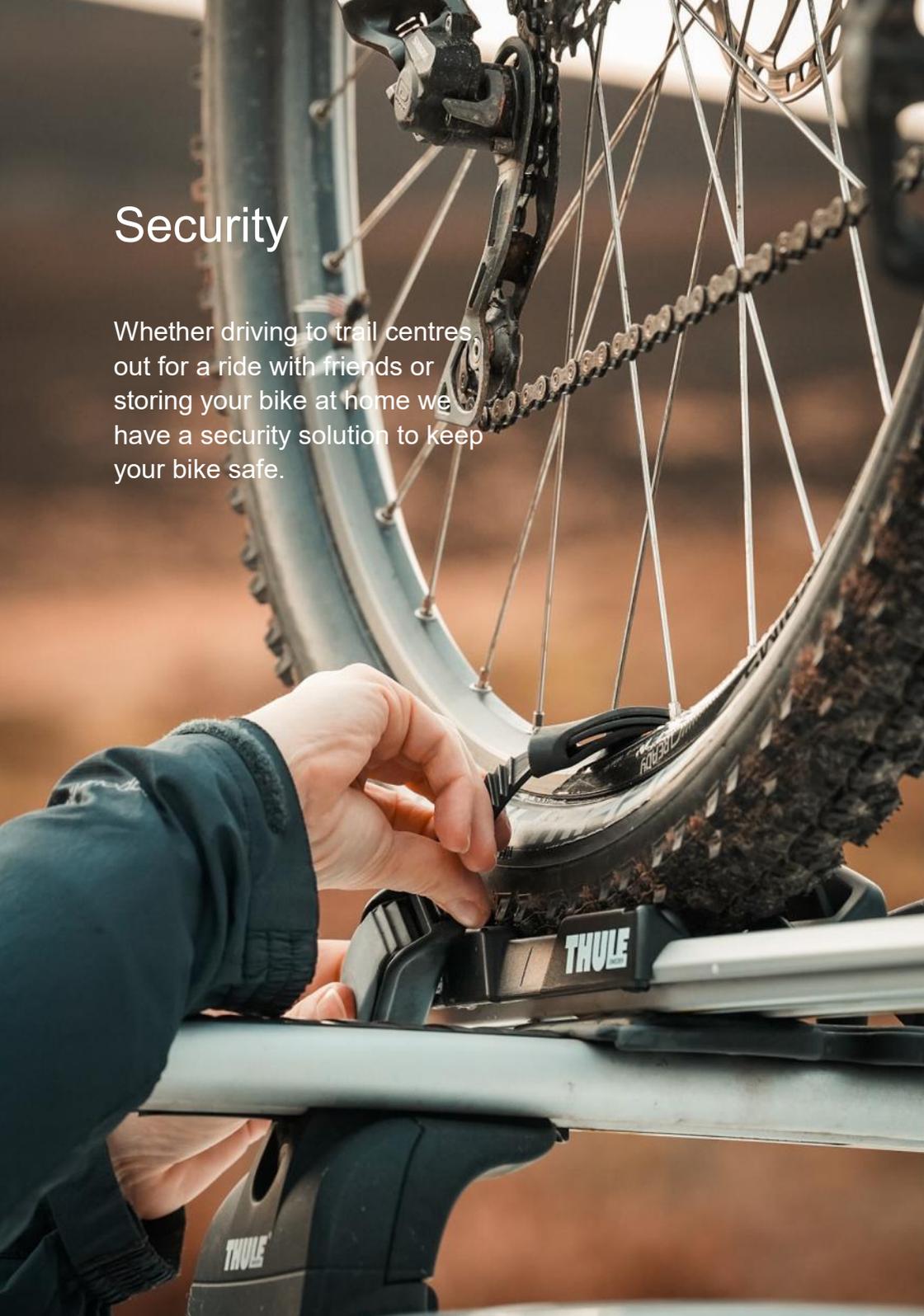
Regularly riding a bike is proven to reduce stress in itself. In the long-term regular cycling can work out cheaper than a gym membership, which could alleviate financial worries. Plus, a 30-minute bout of daily exercise can boost memory and creative thinking, which could help you feel more positive about work.

### **It's easy to fit into your daily life**

Unlike the gym riding a bike can be woven into your daily routine without disrupting it. Those who swap their dreary commutes for cycling to and from work have a much lower risk of feeling stressed and there is research to suggest that making regular exercise a part of your lifestyle - like working it into a hobby or daily routine - can better improve your overall mood and wellbeing.

# Security

Whether driving to trail centres, out for a ride with friends or storing your bike at home we have a security solution to keep your bike safe.



## Register It

Register your bike on a secure, Secured by Design (SBD) recognised national database. The police check these databases if they find bikes in the possession of a criminal, or in the street, to identify the rightful owner.

A bike carrying a database stamp is a highly effective, visible deterrent to bike thieves as they know that if they are caught with a registered bike they will be arrested, as the rightful owner can be traced by the police within seconds.

## Record It

Remember to record as many details of your bike as you can such as the make/model, size, colour, frame number (normally found underneath the bike between the pedals or where the back wheel slots in) plus any other distinguishing features and take a photo.

## Security Mark It

Security marking your bike using a SBD recognised forensic asset marking or etching kit is another highly effective, visible deterrent to thieves and an established method of reducing theft.

## Double-lock it, secure it and lock the lot

It can take thieves as little as a few seconds to cut through some locks that haven't achieved the Police Preferred Specification, so use two good quality locks, at least one of which is a D-lock (sometimes referred to as a U-lock).

Secure your bike as close to stands as possible to give thieves little or no room to manoeuvre.

Lock the frame and both wheels to the cycle parking stand. Locks are considered more vulnerable when they come in to contact with the ground, so keep them off the floor.



**Remove the removable bits**

Take parts with you that are easy to remove such as the saddle, wheels and lights.

**Park secure**

Lock your bike at recognised secure cycle parking. It should be well lit and covered by CCTV. Secured cycle hubs and racks are provided by local councils and business, however, while some of these products are security tested some are not, so be wary.

Avoid leaving your bike in isolated or dimly lit places, always leave your bike where a potential thief will have to perform in public.

Don't lock your bike to an open-ended structure such as a sign post – thieves just lift the bike over the top of it.

Electric Bikes are very expensive, so try not to leave in the same place on a regular basis.

**Be aware of your surroundings**

Always pay attention to your surroundings, especially whilst stationary. Thieves target unsuspecting cyclists for both their valuables and their bikes.

**Keep your bike safe when travelling by car, van or campervan**

While travelling to a sportive, trail centre or to meet up with friends keeping your bikes safe while on the roof rack or rear carrier of a vehicle is as important as keeping it secure at home. An opportunist thief will only take seconds to steal your bike when you park your vehicle.

Always pay attention to where you park and if possible ensure it is parked in a well-lit, busy location where the actions of any thief would be visible to people.

Ensure that you have visible, good quality locks on your bikes and remove the saddles whilst travelling.



## Safety begins at home

Statistics show that bike thefts are most likely to occur in a semi-private location near the victim's home; this includes outside areas on the premises and garages around, but not connected to, the home.

Take the same care to lock your bike securely at home as you would on the street.

Ground anchors can be used together with shed or garage alarms, which can be connected to your house alarm system.

Doorbell and external security cameras can also be used as a deterrent to thieves.

You may wish to consider bringing your bike indoors if you don't have appropriately secure external storage.



## Secure By Design Bike Security Products

Sold Secure is the UK test house for bicycle locks; they test to four security grades:

### Bronze

These products typically offer defence against the opportunist thief.

### Silver

These products offer a compromise between security and cost.

### Gold

These products are aimed at those mid-to-high level value bicycles.

### Diamond

These products provide the highest level of security aimed at a high value bike and e-bikes.

Secured By Design is the only way for companies to obtain police recognition for security-related products in the UK.

# What makes a good padlock?

The North East Crime Reduction team always recommend using a 'closed shackle padlock' but what exactly does that mean?



Anti-drill protection  
on cylinder

Solid hardened steel  
lock body

Anti-corrosion  
storm proof cover

Hardened boron alloy steel closed shackle. The 'shackle' is protected in the body of the padlock giving cut and twist resistance.

# What makes a good hasp & staple?

A strong hasp and staple correctly fitted is essential for securing a shed. Be wary of those that are made from thin material - especially the staple (the 'eye' that the padlock fits through) as this is frequently the attack route for thieves.



Always ensure both sides are bolted through. Don't just use wood screws

Quality hasp sets have a vertical staple eye. This allows a closed shackle padlock to hang properly. A horizontal eye means a closed shackle lock will protrude outwards making it more vulnerable to attack with a hammer.

# What makes a good ground anchor?

Chaining your bike to something solid and secure makes it much less likely it will be stolen. Ground anchors can be used for bikes, caravans, quad bikes, ATVs, lawnmowers and trailers.



Different fitting kits are available for concrete, brick wall, block wall or inside vehicles.

The shackle resists freezing, cutting and grinding attacks and cannot be bolt-cropped.

The Torc Ground Anchor is Sold Secure Gold accredited. The 22mm diameter forged hardened steel shackle has to be cut twice to defeat it.

# What makes a good chain?

A high quality chain combined with a Sold Secure Gold Accredited RoundLock made specifically for the size of chain you are using presents a formidable barrier to any thief.



If securing multiple bikes in your garage use more than one chain and position a ground anchor at the centre of the group.

Have one chain going one way and another chain going the other with both chains coming back and looping through the anchor. If a thief manages to defeat a single chain they don't get everything in one go.

**When securing high value bikes use a chain with a minimum diameter of 16mm. These are all but impossible to cut with a bolt cropper. High quality 22mm chains will withstand attack from angle grinders.**



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