

tended to ride in groups rather than alone (95% vs 75%, respectively), rode more often during the week (40% vs 24%, respectively) and for longer periods of time. Differences in the use of safety accessories were also observed. Self-reported injuries differed by cycling type. Half of the road cyclists reported injuries over the past 3 years, which was 1.5 times greater than for off-road cyclists and 2.5 times greater than for leisure cyclists.

**Conclusions** Bicycle riders are considered a high-risk group vulnerable to injury. This study should be used as a basis to promote safe-cycling as well as for developing appropriate intervention programs in an effort to reduce bicycle-related injuries.

#### 0438 BICYCLE RIDING IN ISRAEL

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**Background** Bicycle riding has become a popular form of recreation and sport. Safety and injury prevention related to bicycling in Israel is unknown.

**Objectives** To characterise cycling behaviours among adults in Israel.

**Methods** An observational study was performed and questionnaires were completed for adult cyclists, ages 18 years and older. Data were collected in May 2008 and focused on riding characteristics, bicycle-related injuries and use of protective gear. Comparisons were performed based on cycling type off-road, road, leisure (park) and transportation-related.

**Results** Observations were conducted on 3945 cyclists and questionnaires were completed for 679 cyclists. Off-road and road cyclists had more years of cycling than leisure cyclists,