



The Dutch Reach is a simple, low tech proven-effective technique which originated in the Netherlands.

Simply stated, the Dutch Reach is the act of using your inner hand to reach across your body to open a car door.

That is using the Right hand for the driver and the Left hand for the front seat passenger.

By using the furthest hand from the door, this forces the occupant of the vehicle to perform a subconscious shoulder check for cyclist or other road users.

Section 165(1) (a) of the Highway Traffic Act stipulates:

- In Ontario, the specific law that prohibits opening a car door into a cyclist is found in Section 165 of the Highway Traffic Act. This law makes it illegal to open a car door or exit a vehicle without first taking precautions to ensure it will not endanger any other vehicle or person, including cyclists.
- Fine and Demerit Points: As of 2025, a conviction for opening a car door without due precautions can result in a \$365 fine and three demerit points on your driving record.