



Bikes and kids

Sometimes parents want to buy a bike for their child to grow into because bikes are expensive. But bikes that are too big for your child aren't safe.

Check!

- Can your child stand straddling the top bar (boy's bike) so that both feet are flat on the ground? There should be 2.5 to 7 centimetres of space between your child and the top bar.
- Can your child reach the handlebars without having to stretch their arms?

If your answer is 'yes' to each of the questions, then the bike is the right size for your child.



Do the 8 step check

Bikes are fun to ride but they're also legally considered vehicles. The minute your child rides their bike on a pathway, a footpath or on a road, it is not a toy – it is a vehicle and must be safe to ride.

To make sure that a bike is in good working order, show your child how to do the '8 step check'.

1. Seat is adjusted to suit your child's height.
2. Tyres are firm, with no bald spots or patches.
3. Chain is well oiled and not loose.
4. Handlebars are straight and the handlebar ends are covered by hand grips.
5. Brakes work correctly.
6. Pedals spin easily.
7. Reflectors and lights are clean and secure.
8. Bell or horn can be heard clearly.



Thank you for playing a vital role in your child's road safety education.