



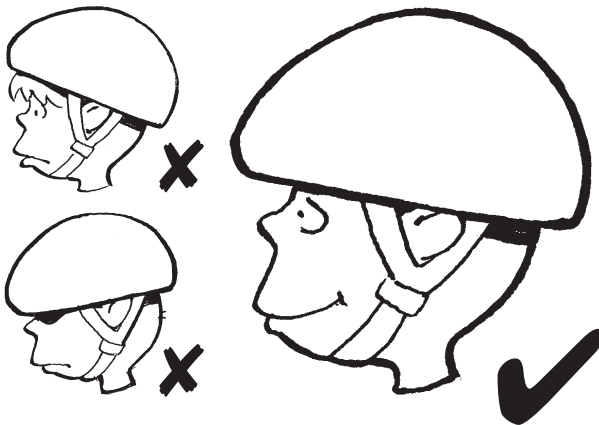
# Getting ready to ride

**Riding a bike is fun and great exercise but children do not always think in terms of safety and they may not realise how much harm can be done by not knowing or following safety rules.**

Teaching your child about bike safety may not guarantee they won't have a fall but it can prevent some crashes and even serious injury.

### Safety tip 1 – Always wear a helmet

Your child's helmet must meet safety standards and fit properly. The helmet needs to be worn level and should cover their forehead. Make sure the strap is adjusted and fastened. Letting the straps hang down will not give any protection when, and if, your child needs it.



### Safety tip 2 – Make sure your child's bike is the right size for them and is in good repair

Your child should be able to straddle their bike with both feet touching the ground. There should be between 2.5 to 7cms between them and the bar. Check your child's bike regularly. Are the tyres pumped up? Do the brakes work? Is the chain oiled? Are the handle bars straight? Is the seat tight?

### Safety tip 3 – Being seen

Explain to your child how wearing light or reflective clothing can help other road users see them especially when the weather is bad or at night. Make sure your child's bike has a front light and reflectors.

### Safety tip 4 – Ride only where it is safe

Young cyclists need to be supervised. They should not ride on the road. Cycling in parks away from traffic will always be the safer option and children up to 12 years are allowed to ride on the footpath.

### Safety tip 5 – Know the road rules and always follow them

Keeping to the left, riding in single file and giving way to pedestrians are some of the road rules that your child needs to know as soon as they start to ride.

### Safety tip 6 – Learn and use hand signals

A child just learning to ride will not be able to manage hand signals until they have mastered balance, steering and stopping. However it is important that your child understands why cyclists must use hand signals such as left hand turn, right hand turn and stop.



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