



# Learning to ride

**As children trade in strollers for tricycles and later two-wheelers, they also need to learn safe bicycle practices and rules. In WA the law requires everyone, including children, to wear a bike helmet while cycling.**

Helmets don't prevent falls or crashes but they can reduce the risk of head injury and death in case of an accident. Be firm in laying down the "no-helmet-no-bike" rule and set a good example by wearing a helmet yourself.

## Right bike

Riding a bike that is the right size also helps to keep your child safe. Sometimes parents want to buy a bike for their child to grow into because bikes are expensive, but bikes that are too big aren't safe.

- Can your child stand straddling the top bar (boy's bike) so that both feet are flat on the ground? There should be 2 to 7 cms of space between your child and the top bar.
- Can your child reach the handlebars without having to stretch their arms?

## Beginning cycling

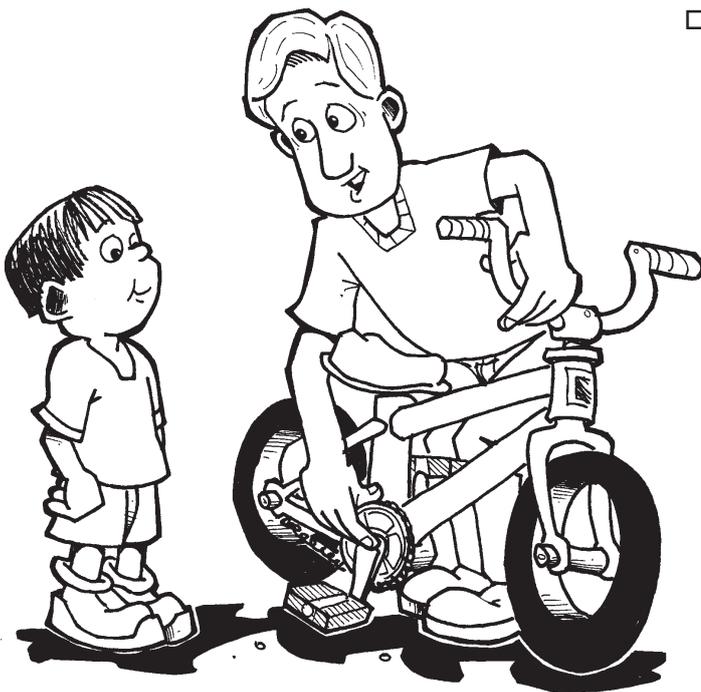
Youngsters should start out riding their bikes at a safe spot where they won't hurt themselves or others – a paved school yard on the weekend, the footpath or a bike path. Supervise youngsters as they ride their bikes even in these relatively safe areas. Teach them to watch out for pedestrians and other footpath users.

Make sure your child learns to turn and stop properly. Children should ride slowly and look ahead for cars pulling out of driveways as motorists are not expecting bicycles on footpaths.

## Looking after a bike

Teach your child how to check their bike. Here's a safety checklist.

- Make sure the seat, handlebars and wheels fit tightly.
- Check and oil the chain regularly.
- Check the brakes to make sure they work well and aren't sticking.
- Check the tyres to make sure they have enough air and the right amount of tyre pressure.



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