



## Tips for safe riding

Being in the open air on two wheels is a very liberating feeling and also a great way to exercise. But each year many cyclists are injured in falls and collisions while riding.

Spend some time and talk about these tips with your child as they can help to keep them safer while riding.



Photo courtesy of Cycling WA

### Safety tip 1: Always wear a helmet

- A helmet needs to be worn level and should cover your forehead.
- If you wear your helmet tipped back or don't fasten the straps and buckle, it will not be able to give your head the protection it needs if you fall off your bike or have a collision.

### Safety tip 2: Make sure your bike is the right size for you and is in good condition

- Straddle your bike with both feet touching the ground. There should be about 2 to 7cms between you and the bar (on a boy's bike).
- Check the air pressure in the tyres and make sure the brakes work. The chain should be oiled regularly. Make sure the handle bars and seat are not loose.

### Safety tip 3: Dress for safety

- Wear closed in shoes to protect your feet.
- Bright or light coloured clothing will help other motorists see you.
- Make sure nothing is loose or long enough to get tangled in the wheels or chain.
- Don't wear headphones. You need to be able to hear sounds around you including car horns. Make sure the handle bars and seat are not loose.

### Safety tip 4: Ride only where it's safe

- Make sure your parents know where you will be. Never go farther than the limits they have set for you.
- Avoid areas that are bumpy or slippery. Gravelly areas can make you lose control, causing wipeouts.
- If a hill is too steep to go down safely, get off to walk your bike until the slope levels out. Be careful of kerbs and drainage ditches.
- If you are unsure of the surface you are on, slow down.

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

- Ride your bike on the footpath. No one under 12 should ride on a road or street without an adult.
- Stop and check for traffic at all crossings. Look both ways twice. Don't take chances. It is safer to wait. If an intersection is very busy, get off to walk your bike to the other side.
- If bike lanes are available, use them.
- Stay away from parked cars.
- Pass people and other cyclists on their right. Warn them by ringing your bell or calling out, 'Coming past'.
- Keep your hands on the bars. Never do any stunt riding while on the road.

### Safety tip 6: Learn and use proper hand signals

- Left hand turns require the right hand up at a right angle to your body. Right turns require the right hand pointing straight out from your side. To signal a stop, use the right hand pointing up with the arm bent at a ninety degree angle. Motorists must respect your signals, so use them well in advance of the turn.

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