

7 Bikes, helmets and shared paths



Discussion questions

Helmets and protective clothing

Tell me what you can see in these pictures.

Why is everyone wearing a helmet?

Do you wear a helmet when you go for a ride?

How do you know your helmet is on right? *(Straps should not be twisted; the buckle must be done up; the helmet won't move; sits two fingers about the eyebrows.)*

Who can help you check your helmet?

What colour is your helmet?

Why are bright colours best for helmets? *(Bright colours are easier to see by other road users.)*

Why is everyone wearing closed in shoes?

What else do you wear when you go for a ride? *(Elbow and knee pads.)*

Safer riding places

Where do you go riding with your family?

Why do you think a grown up is riding with the children?

Is it safe to ride on the path at a park?

Why is it dangerous to ride on the road?

Where else can you ride your bike or scooter?

(For older children) What should you do when other people are walking or riding on the path that you are on? (Ride in single file; keep to the left; ring the bell; do what an adult tells you to do.)

Key messages for children

- Always wear a helmet when you are riding.
- Ride away from roads and driveways.
- Make sure your helmet fits properly and is buckled up.
- Share the path with others.

Key points

- Helmets offer protection to the head in a fall.
- Adults should check that children's helmets are correctly fitted and buckled up.
- It is compulsory for cyclists to wear a helmet including young children riding on a rear bike seat.
- Helmets and bicycles should be the right size for the child.
- Although not compulsory, children should be encouraged to wear a helmet when riding a scooter, skateboard or other wheeled device.

Bikes, helmets and shared paths

7



Always wear a
helmet when
you are riding.

