

BICYCLE SAFETY FOR KIDS

Cycling is lots of fun, and it is also a great way to keep fit and healthy. When you ride your bike, it's important to be careful of cars, and also look out for other cyclists and pedestrians.

Whether you are riding your bike to school or on the weekends, these safety tips will help you to cycle safely every time you ride!

DID YOU KNOW?

Motorists also need to look out for cyclists on the road, and give them plenty of space. There is a new law that asks drivers to keep their distance when they overtake a cyclist on the road.

IS YOUR BIKE SAFE TO RIDE?

BRAKES: Check that the hand and foot brakes are working well. The brake blocks should not be worn down, and you should be able to stop quickly and evenly.



SEAT: Should be at the proper height, so that your feet can touch the ground.

HAND GRIPS: these should cover the handles properly – check that these have not worn away.

CHAIN: Should be well oiled with no rust and should not be loose.

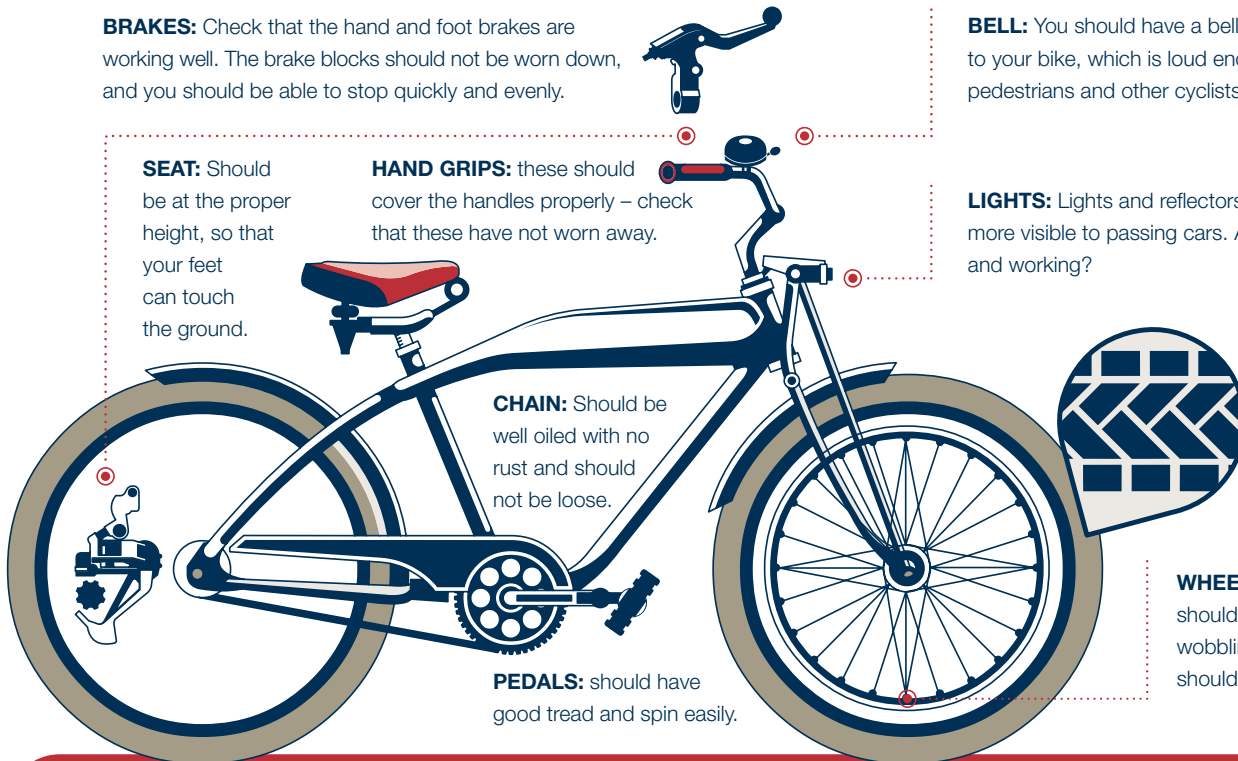
PEDALS: should have good tread and spin easily.

BELL: You should have a bell or horn attached to your bike, which is loud enough to warn cars, pedestrians and other cyclists that you are there.

LIGHTS: Lights and reflectors will make you more visible to passing cars. Are these clean and working?

TYRES: Tyres should be full of air and have plenty of tread.

WHEELS: The wheels should spin easily without wobbling, and the spokes should be straight.



SAFEROADS4LOGAN

If a motorist needs to pass a cyclist, they need to give a distance of:

- At least **1 metre** if the speed limit is **60 km/h or less**
- At least **1.5 metres** where the speed limit is **over 60km/h**

A motorist is anyone who drives a vehicle on the road, including cars, motorbikes, trucks and buses

CYCLE SAFETY TIPS



Always wear a helmet – it's the law, and will help to protect you from injury.

Children under 10 should cycle with an adult.



Unless signed otherwise, young cyclists should ride on a footpath or shared bike path.

Be careful crossing driveways – watch out for cars!



Walk your bike when crossing the street. Stop, look and listen before crossing the road.

Always wear brightly coloured clothing or a high visibility vest, so that others can see you easily.



If you are riding on the road, follow the road rules. This includes stopping at red lights and stop signs.

CYCLE SAFETY QUIZ

1. If you are under ten years old, you should cycle with an _____
2. Cars should keep a distance of one _____ if they are overtaking a cyclist in a 60km/h zone or less
3. Stop, look and _____ before crossing the road
4. If you are riding on the road, follow the _____
5. Your bell or horn should be _____ enough to warn cars you are there
6. If your seat is the proper height, your feet should touch the _____
7. Wearing a high visibility _____ will help others see you easily on the road

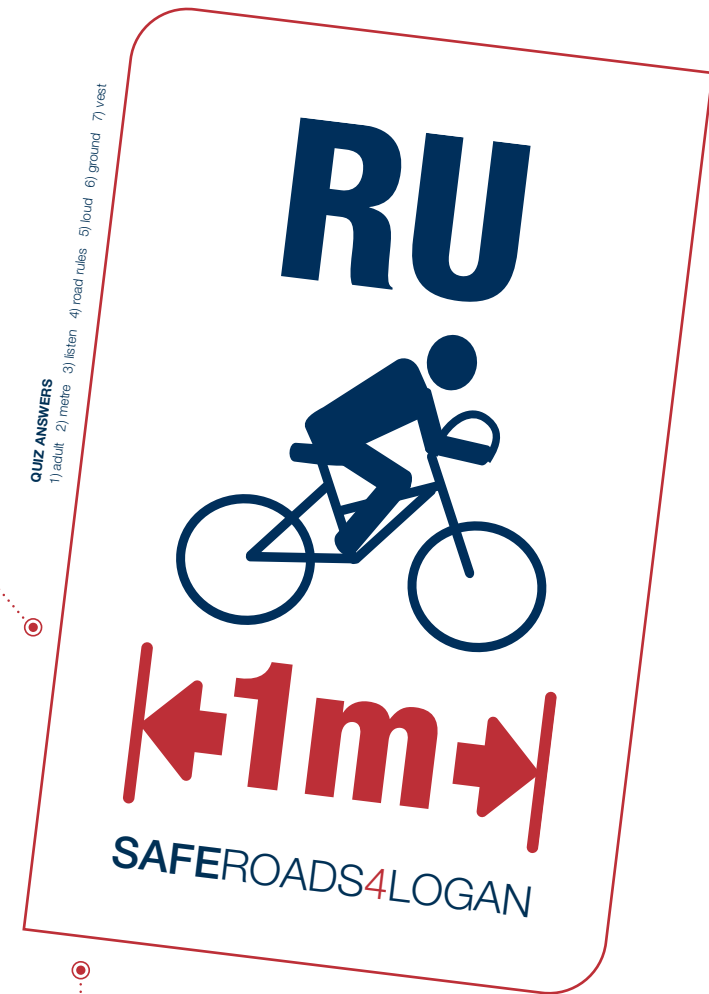
CYCLE SAFETY WORD SEARCH

See if you can find all of the words listed below!

M N M R J O O F B W P Q E C T E I K T V
 B D R I V E W A Y E G S Z E L V G O D E
 S E K A R B S S U Z L Z M C U E C O X C
 P I L H Z U D X B D R L Y F K S A L F C
 L W D I O J A M D T E C R P J T R O C J
 Z I S W S L O Q A H C L D I B Y R E E Z
 O G M A M T R B A W E D F Y W Y D A I M
 Y B U U F X E O A K N A S L L W M V F Q
 G L M X Z E B N I W U N U Y E M P U D K
 L V U B R Y T B Q R F F H L Q Y H V P Y
 B E X P W J S Y U B E M T P Y Z R B Z Q
 T H G I L B K L T R V Y B L W S P Z O V
 M A Q S Q M E B A Y U G W I T L J L P Y
 L E J B V S H C T R Q A Y B K F N D Z F

QUIZ ANSWERS

- 1) adult 2) 1 metre 3) listen 4) road rules 5) loud 6) ground 7) vest



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|--------|---------|----------|
| CYCLE | LOOK | HELMET |
| BIKE | LISTEN | LIGHT |
| SAFETY | VEST | BRAKES |
| ROAD | CAR | BELL |
| RULES | CAREFUL | DRIVEWAY |