



## How can you know if a child is ready to go out on a bike on their own?

It is important that children have cycle training before they are allowed to cycle on the road without adult supervision. There may be cycle training available through the school or through the new national scheme, Bikeability. Contact your local road safety officer or [www.bikeability.org.uk](http://www.bikeability.org.uk) for further information.

Use the following guidelines to check that they know;

- what is safe or unsafe behaviour on a bike
- The importance of high visibility clothing, wearing a helmet, using lights at night and keeping their bike in good order?

## Are you Cycle Safe?

Look at a bike with the child and go through with them the things they should check before going out

- Tyres – are they well pumped up
- Brakes – are both the front and the back brakes working
- Seat – is it at the right height
- The reflector and lights (is the reflector correctly attached and do the lights work). It is illegal to ride on the road without front and back lights.
- Helmet – does it fit? Is it worn correctly?

## Are you Cycle Ready?

Ask the child the following questions to see whether they are 'Cycle Ready'

1. What is a reflector for (*It enables drivers to see you in their headlights in the dark. It is illegal to ride a cycle on the road without a rear reflector and working front and rear lights.*)
2. Why should you be extra careful when passing parked cars? (*Because of the possibility of someone opening a car door onto the road*)
3. How can you tell other road users that you're going to turn off a road? (*By making hand signals*)
4. How should you turn right on a busy road (*check the traffic to ensure it is safe, then signal and move to the centre of the road. Wait until there is a safe gap in the oncoming traffic and give a final look before completing the turn. It may be safer to wait on the left until there is a safe gap or to dismount and push your cycle across the road.*)

If you are out in the car with a child point out people who are highly visible because they have light or fluorescent clothing on and those who you can't see in the car because they only have dark clothes on.

Make sure the child understands that although they can see the car the driver may not be able to see them.

For further information visit [www.direct.gov.uk/en/TravelAndTransport/Cycling](http://www.direct.gov.uk/en/TravelAndTransport/Cycling)