

10 tips for SAFE-TO-SCHOOL CYCLING



1 Always wear a damage-free helmet that meets Australian standards (AS/NZ 2063). Fasten it tightly so it doesn't move on your head.



2 Make sure the bike is in good working order and fits properly. Check your bike seat is tight, level and the right height. Riders should be able to straddle the bike with both feet on the ground.



Your bike must have a working bell and brake. If riding in low light your bike must have a white light on the front, red light in the back and red reflector on the back.

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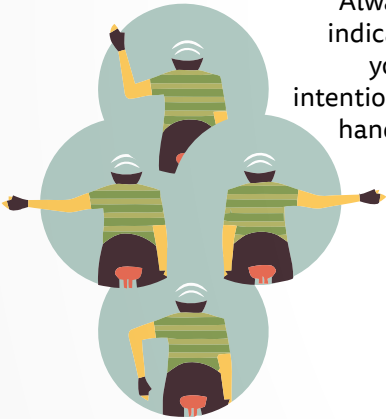


4 Wear bright clothing. If your school uniform is dark, wear a fluorescent safety vest.



Always indicate your intentions by using hand signals or your bell.

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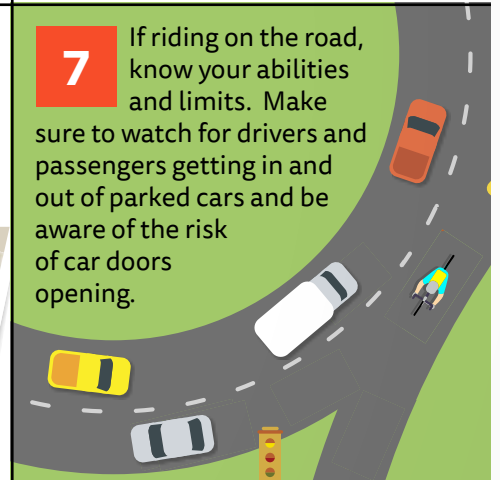


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Plan your route from home to school before your first day.



7 If riding on the road, know your abilities and limits. Make sure to watch for drivers and passengers getting in and out of parked cars and be aware of the risk of car doors opening.



Children under 12 can ride on the footpath with supervising parents, and should do so on particularly busy roads. Always use a bike lane on the road if it is marked.

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Parents should first ride the route with their children to identify possible hazards. (VicRoads recommends adults always supervise children under 12 on their bikes.)

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10 Follow all traffic signs, including red lights, stop signs and give way signs.

