

Back to school

....but not back to normal

PROJECT
CENTRE

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Let's get cycling

The current pandemic has been a tough time for everyone, however one of the benefits has been the number of adults who have taken up cycling. If you would like to cycle to school or work then read these tips to help keep you safe on your journey.

Starting Out Safe

1. Practice in the park or somewhere off road first. Make sure your child listens to instruction and follows your commands. Practice starting and stopping, taking care to start and stop from the left of the bike leaning away from the road. Practice signalling ensuring that the arm signal is clear and obvious and there are no wobbles. Cycling with one hand on the handlebars and one arm signalling can take time to master for a child.
2. Everyone should have a helmet on, that's parents as well as children. Make sure the helmet is securely in place, not too tight and not too loose. If you shake your head and the helmet remains comfortably in place, then you have got it right.
3. Check that there are no 'dangles' from laces or clothing that could get caught in the wheels.
4. Tuck in loose clothing.
5. Do an ABC check.
 - **Air** – Check your tyres are pumped up and in good order.
 - **Brakes** – Check that your brakes are working well and not worn down.
 - **Controls** – Check your handlebars are straight, pedals are secure, chain is oiled and not loose and the gears are working correctly.
7. Wear bright clothing preferably hi visibility fluorescent jackets with reflective strips.



Out on the roads

- Plan your journey with your child so they know what to do when riding as a group.
- Always ride behind your child so you can see them and give clear advice and instructions.
- Remember to start and stop in a safe place away from the flow of traffic.
- Use cycle lanes wherever possible and if you must cycle on the road, position yourself 1 metre into the road. This will help to avoid drains at the side of the road and force vehicles to overtake properly. Some vehicles can squeeze past which is unnerving and dangerous.
- Make clear and obvious signals.
- Always check behind before manoeuvring and plan ahead.