Wear a cycle helmet when riding bikes and scooters

- · It's great to cycle or scoot to school.
- Remember to wear your helmet.
- Always get an adult checks that your helmet fits correctly.
- If you don't have a cycle helmet, ask an adult to get you one or leave your bike or scooter at home.
- Cycle helmets protect you if you fall whilst riding.

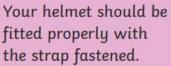
'I don't need a helmet, I can ride really well!'

Your helmet protects you in the event of an **accident**. We cannot predict when an accident can happen and we cannot trust that everyone on the road is driving safely all of the time.





Bicycle Safety



Ride with other people when you can. Never ride at night.



Do not ride in the

Use hand signals

direction you are

turning.

to show others the

middle of the road.

fitted properly with the strap fastened.

Always tell an adult where you are going and how long you will be.

> Ride at a safe speed with a safe distance between you and other riders.

Ring your bell if you need to let someone know you are behind them.

Check your bike is in good condition before you ride it. Make sure:

- · the brakes work
- · the tyres are pumped
- · the seat and handlebars are at the correct height

Wear brightly coloured clothing and reflectors on your bike. This will help others to see you.

Ride in the cycle lane when you can. Ride with the traffic.



