



Riding is not only a great way to spend time with kids it also helps them develop the skills they need to become safe cyclists and pedestrians. Teaching kids the road rules and riding with them in different conditions will help develop their skills to confidently handle their bike and become the safest possible cyclists on and off the road.

## FIVE WAYS TO KEEP KIDS SAFE WHEN RIDING

1. **A footpath or shared path is always the best place for kids to cycle, unless a 'no bicycles' sign is on display.** Watch out for driveways and teach children to check before crossing - kids are too small to be seen by drivers. **Remember that a driveway is like a small road.**
2. **Children under 10 years of age should not ride alone.** Most children under 10 years of age lack the cognitive and decision making skills to always make safe riding choices and should be accompanied by a responsible adult.
3. **Help children learn and understand traffic signs and when it is safe to cross the road.** Teach them to **always** give way to pedestrians, to "**Stop, Look, Listen and Think**" before crossing roads and crossings and teach them to walk their bikes when crossing the street, pedestrian crossings or tram tracks (See *Laws, Road Rules, Rights and Responsibilities* in this brochure for more information).
4. **Children should wear brightly coloured or reflective clothing when riding so that others can see them.**
5. **Children should avoid riding in bad weather and should not ride at night.**

## FIVE TIPS FOR TEACHING KIDS TO RIDE

1. **The safest place for children to learn to ride is away from traffic and other hazards.** Start by teaching them to ride in safe areas and be patient as it can take many hours to teach kids to ride competently.
2. **Braking should be taught as early as possible.** Have the child walk beside the bike and use the handbrakes to stop, before practicing sitting on the bike.
3. **Practice skills such as:**
  - Riding in a straight line for 50m
  - Riding with one hand off the handlebars (for making hand signals)
  - Looking over their shoulder while riding
  - Stopping at a given place
  - Riding slow and fast
  - Turning and avoiding obstacles
4. **When the child has mastered the basic skills in a safe area it's time to go for a ride on the footpath.** Follow closely so you can talk them through difficult situations, alert them to dangers and encourage them to ride safely.
5. **Continue to ride with children over 10 years of age regularly to check their skills.** Make sure children are riding safely and understand the road rules. Riding with kids is one of the best ways to help them develop their riding and road safety skills.



## LAWS, ROAD RULES, RIGHTS AND RESPONSIBILITIES

All cyclists, like other road users, must understand and obey the road rules and respect other road users. It's important to make sure both you, and any child you ride with, do the following:

- Make sure you are visible and clearly indicate your intentions. Use hand signals, wear bright colours, reflective clothing and use lights when riding in low light conditions.
- Be predictable, courteous, assertive and alert to other road users
- Always give way to pedestrians\*
- Always walk your bike through shopping malls and on busy footpaths\*
- Riders and passengers of bicycles, bicycle seats and trailers **must always** wear an approved bicycle helmet that is securely fitted and fastened\*
- Bicycles **must** have at least 1 effective brake and 1 bell, horn, or similar warning device in working order\*
- Riding at night - legally riders must not ride at night unless they have:
  - A flashing or steady white light that is clearly visible from at least 200m from the front of the bike\*
  - A flashing or steady red light that is clearly visible for at least 200m from the back of the bike\*
  - A red reflector that is clearly visible for at least 50m from the rear of the bike when light is projected onto it by a vehicles headlight on low-beam\*

*\* Indicates legal requirements*