

Riding is a great way to spend time with children and to help them develop the skills they need to become safe cyclists. Children encounter new situations every time they ride. Teaching children road rules and riding with them will help them develop competency handling their bike and will help them develop the necessary skills they need to ride safely without discouraging them from riding

FIVE WAYS TO KEEP KIDS SAFE WHEN RIDING

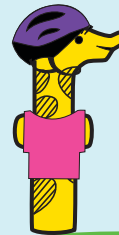
- 1 **A footpath or shared path is always the best place for children to cycle.** Watch out for driveways – children are too small to be seen by drivers. Remember that a driveway is like a small road.
- 2 **Children under 10 years of age should not ride alone.** Young children lack the cognitive and decision making skills to consistently make safe riding decisions.
- 3 **Help children to understand when it is safe to cross the road.** Children should walk their bikes when crossing the road, including at pedestrian and school crossings.
- 4 **Children should wear brightly coloured or reflective clothing when riding so 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. Be patient as it takes many hours to teach children 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 hand signals)
 - 🚲 Looking over their shoulder while riding
 - 🚲 Stopping at a given place
 - 🚲 Riding fast and slow
 - 🚲 Turning and avoiding obstacles
- 4 **When the child has mastered the basic skills in a safe area go for a ride on the footpath with them.** 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 regularly to check their skills.** Make sure children are riding safely and understand the road rules. Riding with children is one of the best ways to develop their riding skills.

DON'T FORGET!
Everyone should wear an approved helmet when riding.
Helmets are compulsory in Australia.

DON'T FORGET!
Be Patient
and try to
always ride with
your child.



LAWS, ROAD RULES, RIGHTS AND RESPONSIBILITIES

Cyclists, like other road users, must understand and obey the road rules (including children). Responsibilities to instill in children include:

- ✓ **Sharing the road means obeying the road rules.** Ride on the left-hand side of the road, stop at stop signs and red traffic lights, signal turns, give way when required and respect other road users.
- ✓ **Make sure you are visible, and clearly indicate your intentions.** Use hand signals, wear bright colours, wear 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**

Enquire about bicycle education at your child's school

MORE INFORMATION

Kidsafe ACT
www.kidsafeact.com.au

Building 2, Pearce Centre
Collett Place, Pearce ACT
(02) 6290 2244
ABN 55 756 024 270

See Kidsafe *Choosing Bikes and Helmets* brochure

ACT Policing - 6256 7777 www.afp.gov.au

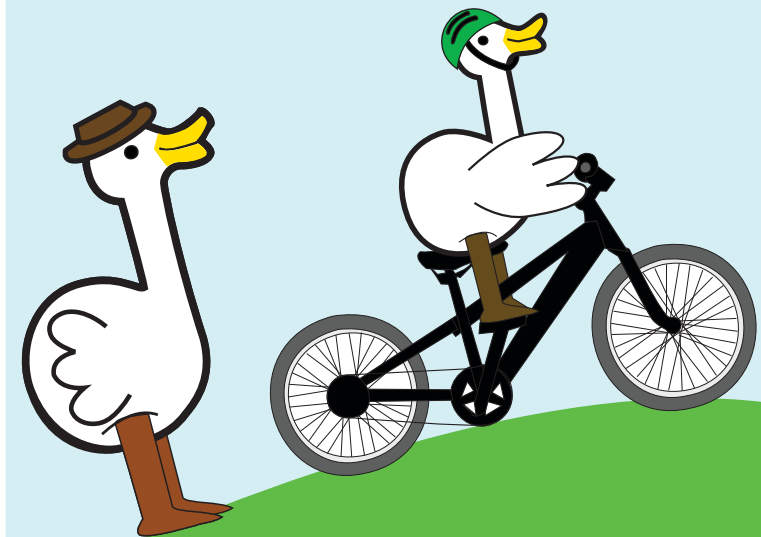
Canberra Connect - 13 22 81

Cycle Education Pty Ltd - www.cycleducation.com.au

Department of Territory and Municipal Services www.tams.act.gov.au/move/cycling



Teaching Kids To Ride



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