

Bicycle Safety

Your helmet should be fitted properly with the strap fastened.

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

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

Do not ride in the middle of the road.

Use hand signals to show others the direction you are turning.

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



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

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