



## Cycle Safety at Brakenhale

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Cycling is to be encouraged - it's green, healthy and fun and it helps children to become independent.

However, each year UK records show that hundreds of cyclists aged 12-19 are killed or seriously injured on Britain's roads, so it's vital that our students learn how to stay safe on a bike.

### Helping your child stay safe

- Ask the school or Local Authority about cycle training in your area. Your child shouldn't cycle on roads until they have been trained.
- Check your child's bike to see if it's roadworthy: look at brakes, tyres and lights/reflectors (when riding at dusk or at night you must have white front lights, red back lights and a red rear reflector – it's the law).
- Make sure the bike is the right size for your child.
- When out driving, teach your child about roundabouts, traffic lights and pedestrian crossings.
- Find out where local cycle paths and lanes are.
- Make sure your child wears a helmet which fits and is worn correctly, it should not be pushed too far back on the head.
- Ensure your child wears some high-visibility clothing when cycling.
- When out and about with your child look at cyclists and talk about how easy they are to see.

Remember that if you cycle yourself you should set a good example!

### The basics of cycling safety

- Wear a helmet.
- Ride in a position where you can see and be seen.
- Look behind before you turn, overtake or stop.
- Use clear arm signals before your turn right or left.
- Obey traffic lights and road signs.
- Do not ride on the pavement unless there is a sign saying that it is a designated cycle path and you can.
- On busy or narrow roads do not cycle next to another person.
- When overtaking parked cars, watch out for car doors opening suddenly.
- Do not listen to a personal music device while cycling.

These are just some of the rules children who ride on roads should know. Young cyclists need to learn what road signs mean, how to deal with roundabouts and understand when to give way.

### Cycle training

This is the best way to learn and develop the skills, knowledge and confidence needed to stay safe on the road, and is available for children and young adults. You can learn more about cycle training in your local area at <https://bikeability.org.uk/> or contact your local Road Safety Officer through the Local Authority.

There are many resources on-line and we have identified some of them below.

Please go through these resources with your child:

**Think! Cycle Safety** <https://www.think.gov.uk/cycle-safety/>

**Highway Code: Rules for Cyclists** <https://www.gov.uk/guidance/the-highway-code/rules-forcyclists-59-to-82>

**National Standard for Cycle Training** <https://www.gov.uk/government/publications/nationalstandard-for-cycle-training>

**Sustrans Walking and Cycling Charity** <https://www.sustrans.org.uk/our-blog/getactive/2019/everyday-walking-and-cycling/cycling-safety-for-children>

