

# How to be safe when riding your bike

School Presentation  
March 2019



*Creating a better environment  
for all bicycle riders*

# Hands up if you have ever ridden your bike?

Keep your hand up if you:

- Have ridden a bike in the past year?
- In the past month?
- In the past week?
- In the past day?



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# Now stand up if you go riding with your family?

Now you can see how many bike riders we have in the school, and it's a lot!

Imagine how many of you there are in this suburb. In Sydney. In New South Wales.



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# How many people ride a bike in NSW?



# How many people ride a bike in NSW?



**Almost 1 million!**



# Do you know the hand signals when riding your bike?



- Discuss the hand signals with the people you are riding with so that everyone understands them.
- Don't forget to call out STOPPING or SLOWING DOWN to help those behind you know what you are doing.

# Safe riding clothing.

The clothes you wear when riding your bike are really important.

- Wear a helmet.
- Wear bright colours so pedestrians and drivers can see you.
- Loose clothing can get caught in your bike chain i.e. pant legs, backpack straps, shoelaces.
- Joggers will help you grip the pedals, so avoid thongs and slides.



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# Watch out for hazards!

Wet leaves 

Big puddles 

Changes in the footpath/road surfaces

Storm grates 

Gravel or rocks 

Little kids 

Animals 





# Where do you ride?



Parks are a great way to explore on a bike.

## Footpaths

- You can ride on a footpath if you are under 16.
- Supervising person over the age of 18.
- Be careful of cars turning into and out of driveways.
- Take care of other people using the paths i.e. other riders, walkers, animals, strollers.

## Roads

- Be extra careful.
- Ride with an adult.
- Give a metre.



# Are you 15 and under?

You can ride on the footpath.

If you are over 16, you will need to use the road and know the the rules.  
Here is a link to watch to keep you safe:

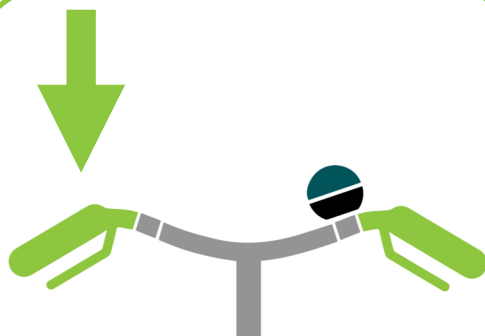


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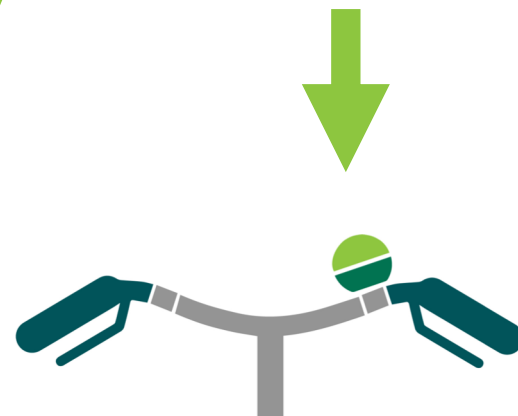
# Remember: Clip. Check. Chime.



**Clip on your  
helmet**



**Check your  
brakes and  
gears**



**Chime your  
bell**

- Ask permission.
- Let an adult know where you are going if riding without an adult.

Learn more at [bicyclensw.org.au/resources](https://bicyclensw.org.au/resources)



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