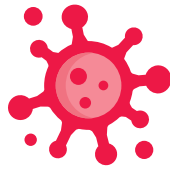


# DON'T PANIC



# RIDE A BIKE

## Safe bike riding and COVID-19

Bicycle NSW is a 43 year old non-profit, member organisation and we help to create a better environment for all bicycle riders in NSW. We are being contacted daily by people seeking advice on safe bike riding to:

- Help essential workers commute and practice physical distancing that is difficult on public transport
- Enable essential workers to commute and avoid potential contamination of the family car
- Stay physically active and healthy
- Enable people to shop for essential needs, avoiding infection risks involved in using public transport or car-share services

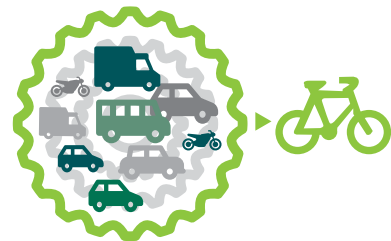
Bike riding can help solve these problems and offer you and your patients a way to move safely and stay healthy. Did you know that anyone under 16 can legally ride on the footpath in NSW? Adult care-givers can too if they are supervising children. Councils often produce maps of safe cycling routes, and many local parks have great places to ride.

**BICYCLE NSW HAS DEVELOPED  
FREE DIGITAL RESOURCES HERE:  
[bicyclensw.org.au/resources-to-bike-through-covid-19/](https://bicyclensw.org.au/resources-to-bike-through-covid-19/)**

There are resources for new riders, those returning to bike riding and our regular riders.

We have worked to ensure the information we provide is consistent with health and government messages. The Bicycle NSW website is full of free resources to help people ride safely, which could help your staff and patients. We encourage you to check us out at **[bicyclensw.org.au](https://bicyclensw.org.au)** to follow us on social media and share us with your teams and patients.

### Time for a gear change



### Pedal for mental wellbeing



**bicycle  
NSW** 

*Creating a better environment  
for all bicycle riders*