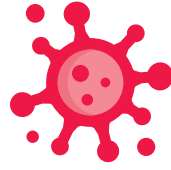


DON'T PANIC



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 your team and your patients a way to move safely and stay healthy.

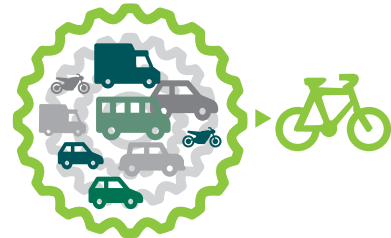
**BICYCLE NSW HAS DEVELOPED
FREE DIGITAL RESOURCES HERE:**

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** and to follow us on social media.

Time for a gear change



Pedal for mental wellbeing



**bicycle
NSW** 

*Creating a better environment
for all bicycle riders*