

Buying your child a bike?

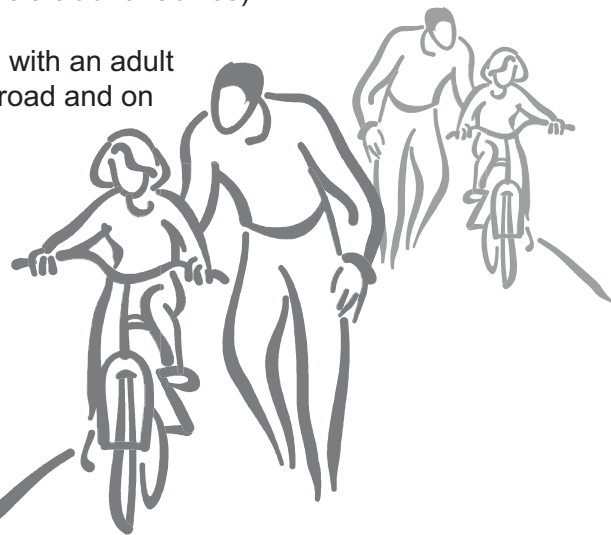
Having a bike which fits, is well maintained and the child likes, is the best start.

For kids to be safe and comfortable it is important that they have:

- a bike and helmet which suit their size (ask a bike shop or cycle club for advice)
- a **helmet** which is easy to put on and take off
- opportunities to increase their confidence and skills by riding with an adult until they and you feel confident that they can ride safely off road and on low traffic roads

When budgeting for a bicycle remember to allocate some money for accessories, especially those required by law:

- a bell or warning device
- a rear red reflector
- a white front & red rear light if you are riding in the dark
- a bicycle helmet meeting Australian Standards



Haven't ridden a bike since you were a kid or never learned to ride?

Many people missed out on learning to ride a bicycle but the good news is that, in the right environment, **getting mobile on two wheels is quicker and easier than you might think.** Bike technology has also changed radically since the old fashioned pushy with one gear and back-pedal brakes.

Learn to ride with a child and being physically active every day will be simple. A great healthy start to life!

It can be unnerving venturing onto the road as a novice cyclist but **learning to ride safely in traffic is very much like learning to drive.** Knowing a few simple techniques can make things a whole lot easier – and the more you do it, the more skilled and confident you will become.

Take it at your own pace: if you don't feel ready to tackle the main road yet, **stick to quiet streets.** Get off and walk if you find yourself in a situation you're not comfortable with.



For more information and tips for novice riders check out:
www.cyclingpromotion.com.au
www.womenscycling.com.au
www.bicyclensw.org.au

Worried about traffic and your child's safety?

The best way to improve safety is to provide children with lots of opportunities to practice. Ride with your children regularly, off road first until they feel comfortable handling their bike, stopping, starting, avoiding hazards and doing hand signs and then progress to low traffic roads.

A great place for 'wobblers' to learn how to ride and practice in an off-road environment is the new bicycle themed playground in Victoria Park, Goulburn.

Safety authorities recommend that **kids aged under eight years** cycle only in safe off-road environments, and that kids aged 8-10 only ride on roads under adult supervision. Children aged 8-10 can start to develop better traffic skills and more responsibility, but parents need to frequently reinforce the need for care and the road safety rules.

Children under 12 years of age are allowed to ride on footpaths, and a parent or an adult riding with the child is allowed to ride with them on the footpath. **When cycling on footpaths teach your kids to watch out for cars driving in and out of driveways and to be alert at all times.** Cyclists on footpaths have to give way to pedestrians.