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**Bike Safe**  
Ready with  
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**A parents' guide to child  
bike safety**

# Bike safety tips



“Bike riding is a great way to exercise and have fun as a family. The tips in this brochure will increase your child’s safety and enjoyment while riding.”

## Bike Safety Basics

**Be seen** – wear bright clothing, use flags, reflectors on spokes or reflective tape on bikes to ensure your child is visible to other road users.

**Be in control** – the right size bike is essential for your child’s safety. Adjust the bike seat so the balls of your child’s feet can reach the ground when seated. Make sure that the brakes, gears and bell are in easy reach when riding.

**Be sure the bike is safe to ride** – check the tyres, steering, brakes and for rust regularly. Show your child how to check their tyres for air and damage prior to each ride. Teach them how to pump up their own tyres.

**Be alert when near cars** – talk to your child about the dangers of reversing cars in driveways. Children often assume that they are safe from cars when riding on footpaths. Teach them to stop and check before riding across a driveway.

**Be safe when crossing the road** – teach your child to walk their bike across the road as this is the safest way to cross.



## Bikes and the Law

All bikes must have a bell or horn to alert nearby road users and at least one working brake.

Only children under 12 are allowed to ride on the footpath. An adult may ride on the footpath with, and supervising a child under 12 years old.

Bikes are deemed by law to be a vehicle so all riders must follow all the road rules.

It is illegal to ride your bike across pedestrian crossings unless the crossing has special bicycle lights.

Ride across only when the bike crossing light is green.



## Bike Helmet Basics

- Replace any helmet that has been involved in a crash as the inner will have fine cracks and it is no longer safe.
- Check inside the helmet for the Australian Standards sticker to ensure maximum protection.
- Helmets must be fitted correctly to protect against head injuries.



Follow these 3 steps to correctly fit your child’s helmet.

### Step 1:

Take off your hat or cap as these stop the helmet from fitting correctly.

### Step 2:

Adjust the helmet to allow no more than a two finger space above the eyebrows to the helmet.



### Step 3:

Ensure the strap is done up allowing only two fingers to fit between the strap and chin.



# Teach your child to ride safely



As your child gets older they will want to ride on shared paths with other riders and pedestrians. It is essential they have the skills to do this safely.

Prior to this happening ensure your child is able to:

- Balance confidently and pedal at the same time.
- Brake in a controlled manner.
- Maintain control when riding with one hand and signalling with the other.
- Look over their shoulder to see what is behind them without losing control.
- Ride courteously near others while slowing down near pedestrians and ringing their bell.
- Be able to recognise potential hazards and what to do to avoid them.

Make learning to ride safely fun by remembering to praise and encourage your child while they learn these new skills.



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