Checklist
Riding safely with traffic

Proper preparation makes riding with traffic significantly safer.

What to do as an adult

1. **Ride defensively**
   Not all road users will be fully alert or clued up on traffic regulations. Be prepared for the unexpected at all times.

2. **Segregated bike paths**
   You can ride side-by-side with your child provided there's space on the bike path and if it's legal in your country.

3. **One accompanying adult**
   Ride directly behind your child on familiar routes, but be aware that it's better for you to take the lead on unfamiliar or busy stretches.

4. **Two accompanying adults**
   Your child should ride in the middle, with you and the other adult at the front and back.

5. **Riding side by side on a road**
   In some countries, cyclists have a legal right to ride alongside a child when on roads. You should ride on the side closest to the traffic to 'shield' your child.

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**Bikes and equipment**

1. **Check your bikes quickly**
   Are all the bolts and quick-releases tight? Do the tyres have enough air? Are the brakes and lights working?

2. **Always wear a helmet**
   Make sure your child's helmet fits them perfectly.

3. **Adjust the bike to your child**
   Can your child comfortably reach and operate their brakes and gears? Can they touch the ground with both feet when in the saddle?

4. **Be seen, be heard**
   Even in the day, bright, reflective clothing increases safety. Add reflectors to your helmet and bike and don't forget a loud bike bell. When riding in the dark, bike lights are essential!

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Always remember that you’re a co-cyclist and role model, so make sure your own riding behaviour is on point.

**Traffic rules, signals and signs**

1. **Key road signs**
   Your child should be able to recognise and respect key traffic signs, like Stop and Give Way. Talk through them with your child so they know what they mean.

2. **Zebra crossings**
   Pedestrians have priority here. Encourage your child to moderate their speed in order to come safely to a stop and let the pedestrian pass at their pace.

3. **Shared use traffic-free paths**
   Ride responsibly around pedestrians or slower cyclists and always allow sufficient space when overtaking.

**Potential hazards**

1. **Junctions**
   Reduce your speed and stop respectfully at the junction. Go a little further on if you need a better view of the traffic. Stop, watch and let the flow of cars pass by. Riding in right-hand traffic? Pay attention to vehicles turning right!

2. **Entrances & exits**
   Slow down as you approach an entrance or exit in case there is a vehicle on the move. If there is, make eye contact and be prepared to stop if necessary.

3. **Watch out for car-dooring!**
   Steer clear of car doors. Your child should allow one or two metres between their bike and a parked car.

4. **Pavement kerbs**
   Make sure your child knows to keep a one-metre gap between their bike and the pavement to eliminate the risk of them catching their pedal on the kerb.

5. **Blind spots**
   Never ride too close to a large vehicle. If there’s a large vehicle in front of your child at a junction or traffic lights, the safest move is to stop behind the vehicle and leave a decent gap.

6. **Tramlines**
   Avoid routes that have limited space running parallel between the pavement kerb or parked cars and tramlines. Crossing tramlines is best done at an angle – somewhere between 45 and 90 degrees.

**Traffic awareness training – the woom way**

1. **Precision braking**
   Mark a line on the floor. This is where your child needs to stop their bike.

2. **The junction call**
   Each time you reach a junction, your child needs to stop and shout ‘Look left, look right!’

3. **Over-the-shoulder numbers**
   Hold up a certain number of fingers as your child rides past you. Their challenge is to spot the number and call it out to you.

4. **Role playing**
   Take turns playing each other’s role – let them have a go at being the responsible adult. Make a few deliberate mistakes that they can point out to you.