

Checklist

Riding safely with traffic

Proper preparation makes riding with traffic significantly safer.



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!

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.

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.

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.

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.

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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.

