

# Our top tips for cycling to school safely



Take your child on a practice run. Try out your planned route at a time when there will be about as much traffic as on the school run so that your child can get used to it.



## SAFETY FIRST

Start with your child's bike and equipment

1

### Do a quick bike check

Are all the screws, bolts and quick-releases done up tightly? Do the tyres have enough air? Are the brakes and lights fully functioning?

2

### Always wear a helmet

Make sure your child's helmet fits them perfectly and try to lead by example.

3

### Adjust the saddle properly

Check that your child's saddle is at the correct height so that their feet comfortably touch the floor.

4

### Don't forget about visibility

As children are smaller than adults and therefore lower on their bikes, it's important that they're as visible as possible while on the roads – brightly coloured clothing helps here.



## PRACTICE MAKES PERFECT

Learn about safety on the way to school

1

### Practice together on the school run

The shortest route isn't necessarily going to be the safest. Talk to your child about what might be the safest way to get to school. Look for a route that avoids crossing busy main roads where possible.

2

### Demonstrate, explain, repeat

Children learn by watching and copying, so show them exactly what they need to do and carefully explain why. Make sure they are paying attention and understand what you're telling them. **Important: Repetition is key!** Practice little and often to help everything sink in well enough that your child can master the school run for themselves.

3

### Take your time

In the beginning, make sure you allow plenty of time for the school run. Set off a little earlier in the morning if you can and don't be too strict with your timings for the way home.

4

### Watch out for detours

Even once your child has mastered the usual route to school, they'll need to practice any less familiar detours (like on the way to sports clubs and music lessons) plenty of times too.

Make sure your child watches out for other vehicles on the road and doesn't cycle too close to the pavement.



## EYES AND EARS OPEN

Tell your child what to watch out for on the way

1

### Concentration is key

Your child needs to concentrate on the route ahead and the other traffic on the roads. Listening to music, watching videos, playing with their phone and messing around with friends are all potentially dangerous distractions.

2

### If in doubt, stop

Before crossing any road, your child must ALWAYS come to a stop and check that nothing is coming before they proceed.

3

### Don't cross near parked cars

It's hard to spot children emerging from behind parked cars. And your child's view of the road won't be the best from that position either. We'd recommend that they find a safer place to cross. Remember that cars often appear as if from nowhere too.

4

### Watch out for other road users!

Cars and larger vehicles should obviously be treated as potential hazards – but that's not all! Pedestrians, other cyclists and people on scooters usually move along quietly, which means your child might not always notice that they're on the cycle path with them. It's so important that they keep their eyes and ears open at all times!