

## Checklist

# Your guide to planning a safe ride to school

Riding to school can present a challenge for kids and parents alike. So if you're looking to make the daily ride from home to school and back again as safe as possible, here are our top tips:

## BEFORE YOU START...

### Revise your local traffic regulations

Check the current rules to make sure that your child and their bike meet the legal requirements.

### Plan the route

Map out a quiet, low-traffic route with as few intersections, driveways, and crossings as possible. Adding a short detour could make all the difference!

### Get the right equipment

Non-negotiables for the ride to school include a perfectly fitting helmet, reflectors and, lights, plus a bike bell. Bike racks can also be useful for carrying school bags.

### Do a safety check

A safety check of your child's bike is a must before every ride: remember brakes, bolts, tires! It's also a good idea to get the bike professionally serviced by a mechanic on a regular basis.

## ALMOST READY...

### Know the route (& the rules)

Pick a low-traffic day, such as a holiday or weekend, to do a practice run with your child. Note the most important traffic signs you encounter and discuss how to act correctly on a bike.

### When in doubt, get off and walk

If busy crossings and intersections are unavoidable, instruct your child to get off their bike and use a pedestrian crossing.

### Practice bike skills

Find a safe location where you and your child can practice real-life road skills, including braking accurately, doing shoulder checks, and signalling with one hand.

### Carry school stuff safely

If your child wears a backpack to school, make sure the straps are tight and safely out the way, so the bag (and its straps) won't jump around. Bags can also be carried securely with the help of a bike rack.

woom®