

KEEP LOOKING - ESPECIALLY BEHIND YOU



SEE

CHECK BEFORE YOU TURN

MAKE EYE CONTACT WITH DRIVERS



AVOID BLIND SPOTS -
STAY AWESOME



GET OUT OF THE GUTTER



BE SEEN

KNOW WHEN TO TAKE
CONTROL OF YOUR LANE



STAY AWAY FROM
CAR DOORS



USE LIGHTS IF IT'S DARK



MAKE IT EASY FOR OTHERS KNOW WHAT YOU
ARE GOING TO DO



PLAN AHEAD SO YOU CAN REACT

LOOK OUT FOR OTHERS



FOLLOW THE RULES
OF THE ROAD



THINK ABOUT OTHERS WHEN SHARING THE
PATH - SLOW DOWN AND SAY HI!

CONTROL

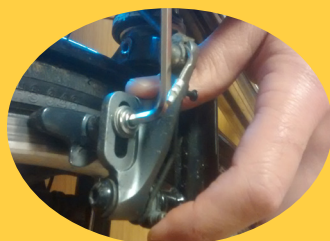
WHEELS ON THE FLOOR



COVER THOSE BRAKES



MAKE SURE THOSE BRAKES WORK



KEEP TYRES PUMPED AND IN GOOD
CONDITION



RIDE WELL



CYCLE SAFE

Doing wheelies, riding no handed and jumps are all good skills, but it's important to know where and when to do them.



This is in a safe and controlled off road area where there is plenty of space, not on the way to and from school, when there is often a lot of other people around, walking and in cars.

If we can't control our environment, or be able to respond quickly to unexpected events, we should not take risks.

Instead we should concentrate on what we can control. This means looking so we are aware of everything around us. It also means knowing where to ride so we are most visible to others.



It also means respecting other people by letting them know we are coming and not giving them surprises.

Enjoy the ride!

Sustrans helps hundreds of thousands of young people throughout the UK to travel actively and safely.

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LOOK OUT FOR OTHERS

BE SEEN

CONTROL

SEE

BE A GOOD CYCLING CHAMPION FOR THE SCHOOL

NAME: _____
CLASS: _____

- ☐ I SET A GOOD EXAMPLE TO OTHERS
- ☐ I AM POLITE AND COURTEOUS ON THE WAY TO SCHOOL AND ON THE WAY HOME
- ☐ I KNOW WHO TO TALK TO IF THERE IS A PROBLEM
- ☐ I SLOW DOWN FOR OTHERS
- ☐ I KNOW WHERE AND WHEN TO DO TRICKS AND HAVE FUN WITH MY FRIENDS
- ☐ I HAVE COMPLETED BIKEABILITY
- ☐ I HAVE ATTENDED A BIKE MECH SESSION AT THE SCHOOL
- ☐ I HAVE BEEN TO A ROAD SAFETY TALK AT THE SCHOOL

SIGNED BY TEACHER: _____ DATE: _____

COLLECT YOUR PRIZE FROM THE SCHOOL OFFICE.

Make it easy for others know what you are going to do
Be predictable
Plan ahead so you can react
Keep an eye out for things that might go wrong and prepare
Follow the rules of the road
They are designed so everyone gets along – even you
Think about others when sharing the path - slow down and say Hi!
Let people know when you are coming and respect them

Avoid blind spots - Stay Awesome
Buses and trucks have poor visibility, especially passenger side
Get out of the gutter
Traffic can see you clearer
Use lights if it's dark
It's the law and you can be seen
Stay away from car doors
You never know when they might open
Know when to take control of your lane
When you don't think it's safe for drivers to overtake you

Make sure those brakes work
You need to be able to slam them if it's an emergency
Wheels on the floor
Gives you maximum control for responding to emergencies
Keep tyres pumped and in good condition
Skids wear your tyres out so they might go pop. Swap tyres if worn
Cover those brakes
So you know where those levers are in emergencies

Keep looking - especially behind you
You need to know what is going on around you (and you haven't got eyes in the back of your head)
Make eye contact with drivers
That way you know they have seen you
Check before you turn
Only move position on the road if you know it is clear