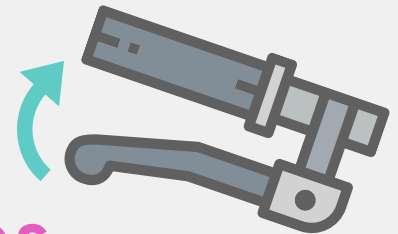
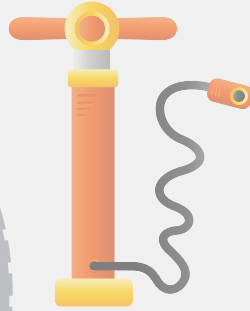
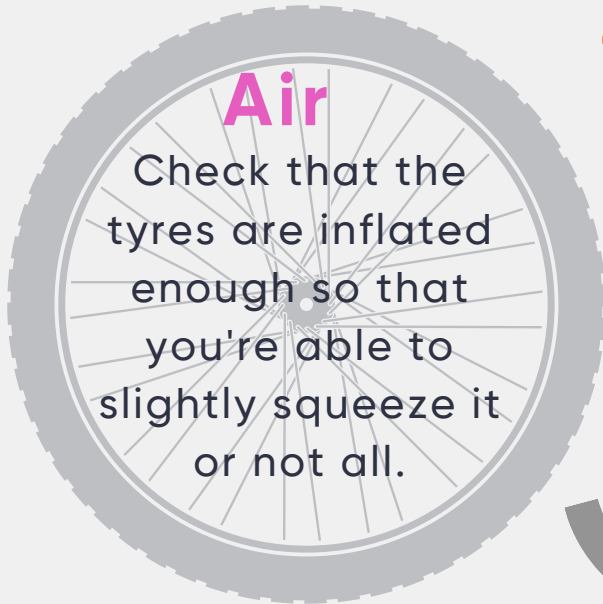


Follow the **ABC** test before setting off to cycle



Brakes

Check your brakes to make sure that they work and will stop the cycle.



Happy cycling!

Cycling Safely

For Families

A parent/carer should be leading, with the children in the middle and a parent at the back. If there is only one parent/carer then having the children at the front will help keep an eye on what is going on.



Passing pedestrians

Children should be reminded to pass pedestrians at a safe distance and check over their shoulder to make sure that it is safe before overtaking.



Road hazards

Ride at about an arms-length out from the left of the road, so as not to get too close to gutters or the side of the road.



Hand Signals

To turn or stop, the rider should give good clear hand signals and check over the shoulder before stopping or turning right.



Footpaths

Unless they are designated for cycles, you are not allowed to ride.

