

GOT A BIKE?

BE SMART, BE SAFE, BE SEEN!

Safety Checklist

BE SMART

- * I work on my bike skills - the best riders are skilled riders!
- * I plan safe cycle routes with an adult
- * I know the road rules and use them

BE SAFE

- * I always wear a standards approved cycle helmet
- * My helmet fits me properly and I wear it correctly
- * I check my bike regularly - brakes, tyres, chains, reflectors and lights
- * My bike is the right size for me

BE SEEN

- * I wear bright colours and use reflective gear
- * My bike has a reflector at the back and on the pedals
- * My bike has a light at the back and front



Put these stickers on your bike, wheels and helmet

 Be SMART

 Be SAFE

 Be SEEN

BE SMART

BE SAFE

BE SEEN



WWW.SAFEKIDS.ORG.NZ

