



## Wearing helmets and riding safely

### Wearing helmets

Your child must wear a helmet when riding a bike in any public place – it's the law. The helmet must comply with the Australian and New Zealand standards and needs to be securely fitted and fastened on your child's head. It should be buckled firmly so it fits without wobbling or slipping to the sides.

Always remember to check that your child is wearing a helmet whenever they're playing or riding on wheels –

- Bikes
- Foot scooters
- Rollerskates
- Skateboards
- Rollerblades.

### Riding safely

Although children quickly learn to pedal, steer and brake, they aren't ready to cycle near traffic or on the road. Until they are at least 10 years old, your child should ride off-road away from vehicles and driveways.

The safest places to ride bikes, scooters and skateboards are within fenced areas. This helps your child from riding or falling onto the footpath or the road. Children under 16 and their

accompanying supervising adult riders may ride on the footpath, unless there are signs specifically prohibiting cycling. Riders need to take special care at driveways where vehicles may be driving in or out.

At intersections, riders must dismount and wheel the bicycle across the road as a pedestrian, following the **STOP! LOOK! LISTEN! THINK!** procedure.

For more information on keeping our kids safe around schools visit the parents section on [safetytown.com.au](https://www.safetytown.com.au)

### Messages to share with your children in Kindergarten to Year 4

- Always wear a helmet when you ride or skate
- Ride your bike away from the roads

### Messages to share with your children in Years 5 and 6

- Always wear a helmet when you ride or skate
- Ride your bike away from busy roads