



NZ TRANSPORT AGENCY
WAKA KOTAHU

Safe riding tips for parents/caregivers/ whānau

INFORMATION SHEET no.5

Make sure your children always wear helmets when riding their cycle, scooter or skateboard no matter where they are riding, skating or scooting. It can help make them safer on the roads.

Helmet safety

- » There should be a standards-approved sticker on the helmet.
 - » The outside of the helmet (shell and polystyrene) should be in good condition and not cracked or damaged.
 - » The straps and buckles should be in good order (not frayed or broken).
 - » Your child's cycle helmet is the right size for them - with little or no wobble when fitted.
 - » The helmet is positioned firmly on the head, with the chin and back straps meeting on the jaw, below the earlobes.
 - » The chin strap should be firm but not too tight.
 - » If the helmet tips sideways, backwards or forwards it is too loose.
- For more information on safe equipment and cycling go to: www.nzta.govt.nz/resources/roadcode/cyclist-code/about-equipment/index.html
- Remember: Children need to ride on a bike that's the correct size.



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Here are some other tips to help your children stay safe:

- » Teach your child balance, turning and signalling skills away from traffic, then take them riding on quiet streets initially to improve their traffic awareness.
- » Point out any potential hazards to them and help them choose good places to ride.
- » Teach them to keep to the left side when riding in traffic, at least one metre from the kerb or parked vehicles.
- » Encourage children to ride predictably, in as smooth a line as possible. They should avoid cutting in and out of parked vehicles.
- » If there are things that you feel can be done to make the roads better for your child to cycle on, talk to or your local council.
- » Consider a cycle skills course taken by a police education officer or local council and other qualified groups.
- » It's strongly recommended that children aged under 10 years should only cycle on the road with adult supervision.

Make sure you and your child know the road rules and follow them. Check at www.nzta.govt.nz/resources/roadcode/cyclist-code/

- » Ensure your bike is in good safe condition eg check the brakes, air in the tyres and oil on the chain.
- » Encourage children to wear bright coloured clothing and closed shoes (ie not slip-on or jandal-type shoes) when cycling.
- » Ensure your child understands the signs and traffic lights when riding on the road.
- » Ride with your child until you are sure they are able to manage the traffic (the recommended age to cycle alone is 10 years or over).

FOR MORE INFORMATION

Visit

<http://education.nzta.govt.nz>