



Cycle Safety Advice

from
PC Drivewell

I'm PC Drivewell and today we are going to talk about cycle safety.

CALL YOUR LOCAL POLICE  **101** IN AN EMERGENCY ALWAYS CALL 999



LINCOLNSHIRE POLICE

Concept by Dean Warrilow

policing with PRIDE



Most of all...
Have fun and
stay safe!



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www.lincs.police.uk

Lincolnshire Police Headquarters
PO Box 999 Lincoln LN5 7PH



Bike Safety Rules

- When riding on your bike **ALWAYS** make sure you keep looking and listening for traffic and other people.
- Get an adult to check that your bike is not too big for you; your feet **MUST** be able to touch the floor to stop you falling over.
- Before you ride your bike, do a quick check to see that your chain and brakes are working properly and that your tyres are pumped up.
- Children have lots of accidents when riding bikes. Make sure your parent or carer buys you a new helmet when you get your bike.
- **NEVER** cycle without a helmet.

- All new bikes must have reflectors on them. At night, you must also have a white front light and a red backlight. **THIS IS THE LAW.**
- **DON'T** put any items on your handlebars, it may fall off and make your bike tip over. Buy a basket or bag and fix securely.
- **NEVER** ride on the pavement. Keep to cycling lanes or ride in the same direction as the cars. **THIS IS THE LAW.**
- Before you turn a corner, check the way is clear (look behind you) and signal to tell people where you're going.
- Keep a wide distance near parked cars they may suddenly open a door.
- Keep to a single file on the roads, this is much safer.

