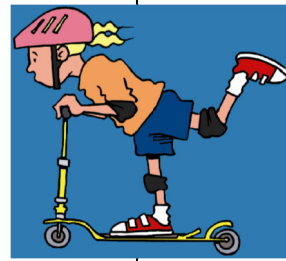




## Cycling, Scooting and Roller skating



## Cycling and Scooter Safety & Security

People like to Cycle,

Scoot or Skate because it is a fun and healthy way to get around. It's a great way to get to school and is environmentally friendly, meaning there will be less pollution in the air near school.

Always complete a five point bike check, checking Tyres, Brakes, Chain, Lights and Reflectors before setting off.

Wherever possible use cycle routes, paths or lanes away from busy traffic.

Wear something light, brightly coloured or fluorescent in the day. At night, wear something white or reflective.

Always look all around before you set off. Give clear hand signals and look out for obstacles in the road.

Ring the bell as a warning to others to let them know you are approaching.

Concentrate - never use a mobile phone or MP3 player when cycling.

**DON'T FORGET TO WEAR YOUR HELMET**



Tips to help to keep you and your bike or scooter safe:

**Bicycle lock** - make sure you secure your bike tightly with a good security lock so that it is hard to move when it's parked.

Try to make sure you attach your bike to a solid permanent object like a lamp post or even better a bike stand.

Remember to keep a note of your bikes identification number, ask your parent or carer to help you find it on your bike.

If you can, you can get your bike chipped or get a tracker, ask your local police how to keep your bike safe.



**Be Safe, Be Seen, Be Secure**

