



## Practical tips for cycling with your child

Kids who cycle are confident, more independent and brainier to boot. Just 15 minutes' cycling to and from school can increase your child's fitness and establish life long healthy habits. Ask any kid how they want to get to school and they will reply – on my bike!

### Plan your route to school

- Plan the safest route between your house and school. Use off road bike-paths where available.
- Minimise crossings.
- Ride with your children at least once to ensure their riding skills are up to scratch and that they understand all issues on the route.
- Check the route regularly for any changes such as construction sites and road works.
- Use zebra and supervised crossings when available.

### Teach your child how to cross the road safely!

- **Dismount** to use pedestrian crossings
- **Stop** at the edge of road.
- **Look** both ways for traffic (right, left, right)
- **Listen**, can you hear any cars?
- **Think** is it safe to cross?  
Is there anything else that makes crossing dangerous?

## Frequently Asked Questions

### Can I cycle on the footpath?

Cycling is permitted on footpaths except where specifically signed.

- Always give way to pedestrians.
- When approaching pedestrians slow down, sound your bell and pass on the right.
- When riding on the footpath you must give way to motorists when crossing roads or when entering a roadway.

### Can my daughter cycle in a skirt?

Yes, as long as she has a girl's bike frame with a low crossbar and her skirt isn't too tight, although she might be more comfortable cycling in shorts or tracksuit bottoms and changing at school. If she's not allowed to wear trousers to school, speak to the Principal or year coordinator.

### Will cycling with a heavy bag cause back problems?

Children should carry no more than 10 percent of their body weight. This is about 4kg for the average 11-12 year old. A good backpack, worn correctly, will help spread the weight considerably. You could consider fitting your child's bicycle with a rack or panniers.

### Isn't it silly for my child to cycle when it's easier to drive them to school?





It may seem easy to drive your child to school, but are you really doing them a favour? There is so much you can teach your children about road safety and your local community. Maybe you could consider cycling with your child instead!

***Remember children need at least one hour of physical activity a day. It's important to make time available so you and your children can get some exercise!***

