

SAFETY AROUND SCHOOLS



“Children are much more likely to be injured being driven to school rather than walking or riding.”

Professor Rosemary Calder, Victoria University.

Riding to school

Riding a bike or scooter to and from school:

- Boosts activity levels in children.
- Sets them up with healthy habits for life.
- Ensures children arrive alert at school and ready for a day of learning.
- Improves road safety around the school.
- Helps the environment.



Wearing helmets

Always remember to check that your child is wearing a helmet whenever they are playing or riding on wheels. This includes:

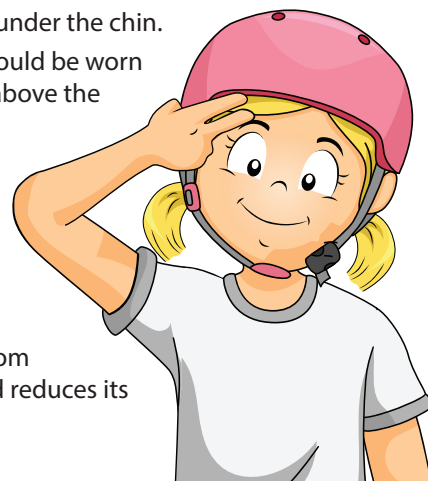
- Bikes
- Scooters
- Skateboards
- Rollerskates
- Rollerblades

REMEMBER a helmet must be worn when riding a bike – it's the law!



Correctly wearing helmets

- Helmets must meet Australian Standards – look for the red and silver sticker.
- Choose a helmet that is the right size for your child. It should fit snugly and stay securely in place – without wobbling or slipping to the sides.
- Straps need to sit flat without twists and be firmly fastened under the chin.
- A child's helmet should be worn two finger widths above the eyebrows so that it sits about half way down the forehead.
- Wearing anything under a helmet, such as a hat or ponytail, stops it from fitting properly and reduces its protection.



Riding safely

- Although children quickly learn to pedal, steer and brake, they aren't ready to cycle on their own and should be supervised by an adult on the ride to school.
- Riders should take special care at driveways.
- Riders must give way to pedestrians.
- At intersections, riders must dismount and wheel the bicycle across the road as a pedestrian – remember to STOP! LOOK! LISTEN! THINK!

DON'T FORGET children under 16 and their supervising riders can ride on the footpath.

Tips for first time riders to school:

- Do some practise rides on the weekends so you and your child are comfortable with the ride and you know how long it will take.
- Choose the safest route, even if it's a bit longer – Council can help you with this if needed.

Remember: If your child doesn't have a bike or scooter, you can get the same benefits if you walk!

