



Illustration from *It's fun to go out but...* published by The Child Accident Prevention Trust (CAPT) and illustrated by Fran Jordan.

Cycle Safety

Cycling is a healthy way of life and it's important to encourage children to take plenty of exercise. But we want them to stay safe at the same time. The Department for Transport recommends that children should be trained before cycling on the road.

Most of the children you care for will be too young to cycle in traffic. But there are still things you can do to make sure they stay safe – and learn good habits for when they are ready to cycle alone.

Did you know that...

Over two-thirds of all cycling deaths and half of all cycling injuries involve a head injury.

**Cycle helmets can reduce the risk of serious head injury by 85%.
Children from the poorest families are 27 more times most likely to be die in a cycling accident than other children.**

(See also our Highway Code section on cycling – for details of how you can act as a good role model to children in your care.)

A cracking good idea!

Show children how well cycle helmets protect their heads – by dropping an egg encased in an 'egg helmet'. These specially designed mini-helmets are available from the Bicycle Helmet Initiative Trust on 0118 958 3583



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- ✦ Encourage children to wear a cycle helmet whenever they're on their bikes – a fall onto any form of hard surface can cause nasty injuries, especially to a child's head
- ✦ Set a good example by wearing a cycle helmet yourself
- ✦ Teach children the importance of being seen by traffic – so they will remember this when they are old enough to cycle on roads. You can start good habits by always making sure that the children in your care wear fluorescent and light coloured clothes when going out for walks on dark morning or evenings, or in misty weather
- ✦ Talk to children about the reasons you do these things – and help them to start making connections between concepts like near and far and road safety, from an early age
- ✦ Find out about local cycle proficiency schemes and encourage parents to enrol their children at the appropriate age.

Small children and pavements



No-one is allowed to cycle on a pavement unless there is a sign permitting this.
(See illustration)*

To stay safe – and remain within the law – it is best to carry or push small children's bikes until you reach your safe destination e.g. the park.

The DfT produces a FAQ section about Cycling on Pavements. You can see this by visiting their Cycling Policy: an overview section at:
www.dft.gov.uk/pgr/sustainable/cycling/cyclingpolicyoverview?page=6