



Ysgol Gyfun

PENYRHEOL

Comprehensive School

Safe Cycling and Travelling to and from School

Cycling is a great way for children to get out and about and keep fit and healthy. In fact, Penyrheol school encourages and supports cycling as part of active travel to and from school.

Bike Basics

There are some basic safety checks you should carry out before letting your child ride any bike:

- it should be the right size. i.e. they should be able to touch the ground with one foot when they are sitting on the saddle.
- check your child can comfortably reach the brakes and that they are working (push the bike forwards to check the front brakes and backwards to check the rear brakes).
- check the tyres have sufficient air in them and they are not worn
- make certain the handlebars work properly (and they don't move in ways they shouldn't).
- check the seat doesn't wobble.
- It's still important to teach all children and young adults some basic safe cycling tips.

Lights

If your child is likely to be riding their bike between dusk and dawn (on the way to and from school), their bike should have the following lights fitted:

- white front light
- red rear light
- red rear reflector
- pedal reflectors

Clothes and bags

Your child will be more visible to other vehicles and pedestrians if they are wearing hi-vis, reflective or bright clothing. However, this might not always be possible. As a general rule, make sure your child:

- wears clothing that is suitable for the weather.
- avoids loose clothing that might get caught in the bike's moving parts.
- does not hang over the handlebars as this can affect the steering.
- wears a rucksack so their hands are free.

Helmet

Cycle helmets can save lives and reduce the risk of serious injury. However, it's important that they fit properly and are put on correctly. Follow these tips to ensure your child is as safe as possible:

- measure the circumference of your child's head just above their eyebrows.
- match their head size to the size on the helmet.
- try to move the helmet around on their head – it should not move very much.
- the straps must go around their ears, not over them.
- the buckle should be under their chin, not on the jaw bone.
- adjust the helmet if necessary, you may need to use the adjuster pads.
- wear the helmet level, not tilted – your child's forehead should not be exposed.
- check your child can see clearly.
- if the helmet does not fit snugly, try another helmet.

Always replace a helmet if your child has been in a collision or it has been dropped. Even if the helmet does not look damaged, a hard knock will weaken it and it will no longer provide protection.

Never put stickers or paint on the helmet, these will weaken the structure.
Clean a helmet with a soft cloth and water.

Be Safe and Be Seen

Drivers

- look out for vulnerable road users (pedestrians, cyclists, mobility scooters and motorcyclists) before manoeuvring (around you and in your mirrors).
- look out for pedestrians, particularly at junctions, pedestrian crossings, on bends/corners, the brow of a hill or between parked cars.
- look out for cyclists and motorcyclists, particularly at junctions and roundabouts or when they are filtering through traffic.
- in autumn and winter, the weather is unpredictable. Be prepared to travel in conditions that make it harder to see other road users when the low sun is blinding, in low light, when it's raining and at night.
- In such conditions, please reduce your speed, increase stopping distances, and look out even more carefully for pedestrians, cyclists and motorcyclists.
- Staff need to remove their lanyards when driving to and from work. Lanyards can exacerbate injuries resulting from an RTC.

Pedestrians

- choose a place to cross the road where you can see oncoming traffic clearly.
- if this means walking a few extra metres to the nearest pedestrian crossing, it is worth doing so.
- keep your eyes, ears and mind on the road when you cross it.
- if needs be, find a safer place to cross the road, meaning somewhere you can see traffic and traffic can see you.
- avoid crossing on bends/corners, between parked cars or on the brow of a hill.
- in Autumn and Winter, consider wearing hi-vis accessories (e.g. arm bands, bag stickers or clips) or items of clothing such a hat, a scarf or gloves.
- at night, where possible, cross the road in an area lit by streetlights.
- we recommend that joggers running at night wear reflective clothing and carry a light such as a head torch.