

Staying street safe

Playing safely

Always play away from roads. If you are playing football near a road, and the ball goes out onto the road, never run out onto the road after the ball.

Always Stop - Look - Listen and ask an adult to get the ball for you.

Cycling

Riding your bicycle lets you go places and hang out with your friends. When you're using pedal power, remember these tips...

Be seen

- Clothing - light, bright colours and reflective and fluorescent materials will help drivers and pedestrians see you better.
- Lights - by law, at night, you need at least one red light on the back and one white light on the front, as well as reflectors.

Wear it right

Cycle helmets should be done up securely and fit well.

Be heard

With a bell on your bike, you can warn others of your approach.

Be aware of others using the road too

- Make sure others using the road have seen you – check by making eye contact with drivers where you can.
- Never squeeze between a large vehicle and the edge of the road – they definitely can't see you there. Also, be careful of vehicles turning left in front of you.
- When using a path that's designed for cyclists and pedestrians to share, make sure you leave space for pedestrians.



Know the road rules

Get trained: - if you're not sure how to cycle safely, ask your school or parent where's the nearest place to do a course.

