

Cycling

Children should know how to ride safely and be confident in traffic before attempting to ride to school, with or without you.

Children under 10 should always cycle with an adult.

Support and help your child to learn how to:

- Keep left.
- Check over their shoulder for traffic.
- Use the correct lane.
- Pass other road users safely.
- Use hand signals.
- Be safe and courteous when cycling in groups.
- Share the road and paths.
- Expect hazards and ride to avoid them.

The official New Zealand code for cyclists has information about the skills needed and available courses: www.nzta.govt.nz/resources/roadcode/cyclist-code.

What else can I do to help my child be safer when they're cycling?

- Ride with them.
- Make sure your child's bike is in good working order with working brakes.
- Make sure the bike has reflectors - it is a legal requirement.
- They need lights if they are cycling in low light or dark conditions.
- Give your child bright-coloured and reflective clothing so other road users can see them more easily. Backpacks should also be bright and reflective or be fitted with a high-visibility cover.
- Practise riding the route to school with your child on the weekend when traffic is light.

For more information

For general enquiries, or more information about road and rail safety for children, please email info@nzta.govt.nz or visit education.nzta.govt.nz.

Helmet safety – cycling, scooting and skating

Ensure your child always wears a helmet when riding their cycle, scooter or skateboard.

To be safe:

- There should be a standards-approved sticker on the helmet.
- The outside of the helmet (shell and polystyrene) should be in good condition and not cracked or damaged.
- The straps and buckles should be in good order, not frayed or broken.
- The cycle helmet should be the right size – with little or no wobble when fitted.
- The helmet should be positioned level on the head, with the chin and back straps meeting on the jaw, below the earlobes.
- The chin strap should be firm but not too tight.
- If the helmet tips sideways, backwards or forwards, it is too loose.

