

# Cycling

## Why cycle to school?

- ✓ It's good for your health
- ✓ It helps the environment
- ✓ It's convenient
- ✓ It's great fun

Whether you are a cyclist or motorist check out [www.staffordshire.gov.uk/transport/roadsafety/cycling](http://www.staffordshire.gov.uk/transport/roadsafety/cycling)

Once your child has learnt to ride a bike it's very important that they take advantage of the superb cycle training opportunities Staffordshire County Council offers to all its schools.



Now your child is going to the high school and may well want to cycle then check out the following:

- If they have not completed on road cycle training (Bikeability) at their previous school then they can take part at their high school.
- Bikeability is an on-road course over two half day sessions that looks at road skills, decision making, safety and confidence.
- The course is free except for a £1 insurance cost.

**Ask your child's school if they are taking advantage of this training - and do they have cycle storage and/or lockers for cycle use?**



## Top Tips

- ✓ Plan and ride the cycle route with your child.
- ✓ Allow plenty of time and consider a longer route if safer (or you want to get fitter!).
- ✓ If they are building up confidence by riding some sections on the pavement then they **must** ride very carefully and watch out at driveways and other entrances as well as being mindful of pedestrians.
- ✓ Designed cycle lanes are good to use if available.
- ✓ If riding with friends ensure they ride one behind the other and at a safe distance.

- ✓ Make sure they are highly visible especially in winter.
- ✓ Ensure they have a front and rear reflector and lights for winter riding.
- ✓ Consider having the bike frame marked at the local police station.
- ✓ Recommend your child wears a helmet and go with them to select one they will feel happy wearing.
- ✓ Make sure the bike is in safe, working order.

Other websites:

[www.whycycle.co.uk](http://www.whycycle.co.uk) [www.sustrans.org.uk](http://www.sustrans.org.uk)