

## INFORMATION FOR PARENTS AND CARERS

### What the law says

### Safety advice

#### Bicycles

#### Helmets

All riders and passengers on bicycles must wear an Australian and New Zealand Standards (AS/NZ2063) approved helmet that is securely fitted and fastened on the rider's head.

Make sure the helmet fits correctly and check it regularly for damage. Replace the helmet if it has been dropped on a hard surface or involved in a crash, if the foam is cracked or if the straps look frayed or worn.

#### Riding on the footpath

Children under 12 years and older riders who are accompanying and supervising them may ride bikes on the footpath unless there are signs that specifically prohibit cycling. Riders must keep to the left and give way to pedestrians.

Cyclists must make sure they are not a hazard to pedestrians. They have to take extra care so that their cycling isn't dangerous, especially to young children, older people or animals on shared paths. Parents and carers may need to actively guide and supervise children up to ten years old.

#### Riding on the road

Cyclists 12 years and over must not ride on the footpath unless it is signposted as a shared footpath. When riding on the road they should keep to the left, as traffic does, and they should use a marked bicycle lane wherever possible.

Until they are at least ten years, children should cycle in a safe place off the road and away from vehicles and driveways. Children aged between 10 and 12 years old should avoid cycling on busy roads.

Bicycles must be fitted with a working brake and a bell, and if used at night the bike must have a front white light, a rear red light and a rear red reflector.

Cyclists should wear a bright helmet and bright clothing and have extra equipment such as a flag and reflectors to make themselves more visible.

Bicycles can be fitted with power assistance up to 200W. A vehicle with more power than that has to comply with appropriate registration requirements. Cyclists, just as other road users, must comply with all road rules.

#### Foot scooters, skateboards and rollerblades

Foot scooters, skateboards and rollerblades may be ridden on footpaths unless there are signs that specifically prohibit them. However, riders must keep to the left and give way to other pedestrians.

On the footpath, riders of foot scooters, skateboards or rollerblades should ensure their riding does not threaten pedestrians, especially the elderly. They may need to slow down or dismount in busy areas.

Powered foot scooters cannot be registered and therefore can only be used on private land.

In the interests of safety and enjoyment, foot scooters, skateboards and rollerblades are best ridden in recreational areas designated for their use.

On separated bicycle and pedestrian paths, foot scooter, skateboard and rollerblade riders must use the section designated for bicycles, but must keep out of the path of any bicycle.

Foot scooter, skateboard and rollerblade riders should wear a helmet and protective gear such as knee pads and elbow pads.

Foot scooters, skateboards and rollerblades can be used on the road only during daylight hours. They cannot be used on roads with a dividing line or median strip, or a speed limit greater than 50km an hour, or a one-way road with more than one marked lane.

The use of foot scooters, skateboards and rollerblades on the road is not recommended for school-aged children or younger.

### Roads and Traffic Authority

The information in this brochure is intended as a guide only and is subject to change at any time without notice. It does not replace the relevant legislation, nor should it be regarded as legal advice. *Move Ahead with Street Sense* is a road safety education program delivered as part of the PDHPE program in all NSW primary schools.

For further enquiries [www.rta.nsw.gov.au](http://www.rta.nsw.gov.au) | 1800 06 06 07

**INFORMATION FOR PARENTS AND CARERS**

**Always wear a helmet when you ride or skate**



Can you place just two fingers between your eyebrows and your helmet?



Can you fit just two fingers between the helmet strap and your chin?



Do the straps join in a 'V' just below your ears?



Has an adult checked your helmet?

When purchasing an approved bicycle helmet for your child, look for labels from bicycle helmet certifiers that are accredited by JAS-ANZ. As of May 2010, the following labels indicate that the helmet is an approved helmet and meets the Australian and New Zealand Standard (AS/NZS 2063).



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