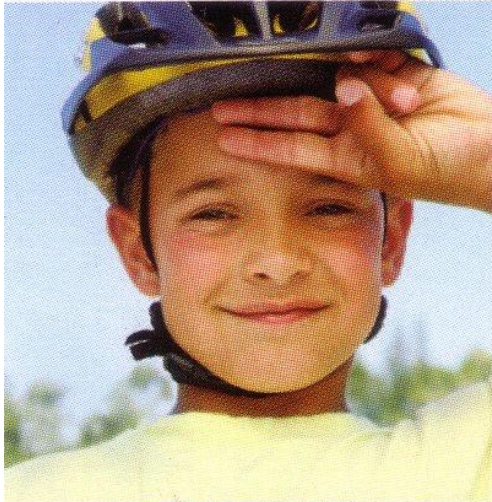
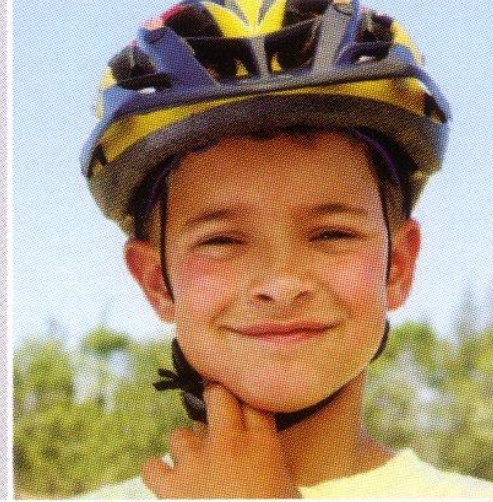


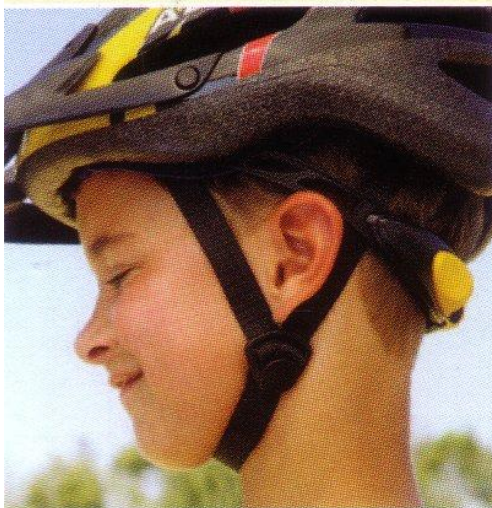
# Wear a Helmet



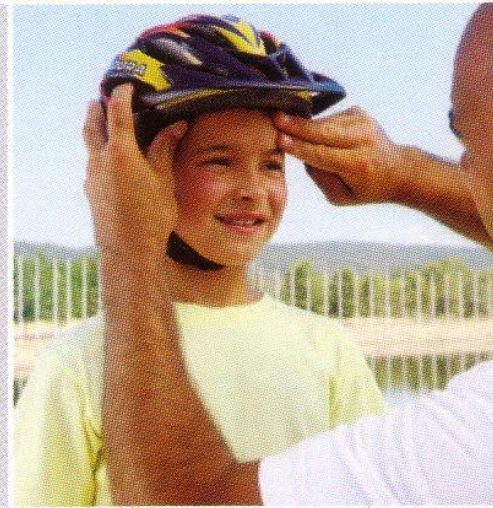
Can you place just two fingers between your eyebrows and your helmet?



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?



	<b><u>What the Law Says</u></b>	<b><u>Safety Advice</u></b>
<b><u>Helmets</u></b>	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.
<b><u>Riding on the Footpath</u></b>	<p>Since 23 July 2018, children under 16 years of age are allowed to ride on a footpath (increased from children under 12 years of age). Allowing children under the age of 16 on the footpath will help keep them safe until they have the skills, decision making and knowledge of the rules to ride safely on the road.</p> <p>An adult rider who is supervising a bicycle rider under 16 may also ride with the young rider on the footpath.</p>	<p>When riding on a footpath, riders must keep to the left and give way to pedestrians.</p> <p>Cyclists must make sure they are not a hazard to pedestrians. They must take extra care so that their cycling isn't dangerous, especially to young children, older people or animals on shared paths.</p>
<b><u>Riding on the Road</u></b>	When riding on the road they should keep to the left, as traffic does, and they should use a marked bicycle lane wherever possible.	Children should cycle in a safe place off road and away from vehicles and driveways.
	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.	Cyclist should wear a bright helmet and bright clothing and have extra equipment such as a flag and reflectors to make themselves more visible.

Under NSW legislation a bicycle is considered as a vehicle.

As such, cyclists are required to obey the road rules, including stopping at red lights or Stop signs. Giving Way as indicated by signage and giving hand signals when changing direction.