

PEDAL POWER

Sussex Safer Roads

PARTNERSHIP

www.SussexSaferRoads.gov.uk

Only have
1 person
on a bike.

If you wear a
backpack, use
a hi-vis cover.

Have lights on if it is
getting dark (white at
the front and red at
the back).

Always wear a helmet and
hi-vis clothing - they could
save your life!

Make sure your
tyres are not flat and your
brakes are working.

You can ride on roads or
cycle paths with an adult. If
it is a busy road and you are
safer on a pavement, ride
slowly and give way to
pedestrians.



HOW TO BE SAFE

R: Recognise hazards



THINK:

What dangers there could be that I need to know about

O: Organise
(plan route, equipment)



PLAN:

How I can be safe (keeping on the pavement, BBBS)

A: Assess
(review plan, final checks)



CHECK:

If there is anything else you should think about (like the weather)

D: Depart



GO:

Follow your plan and be safe!