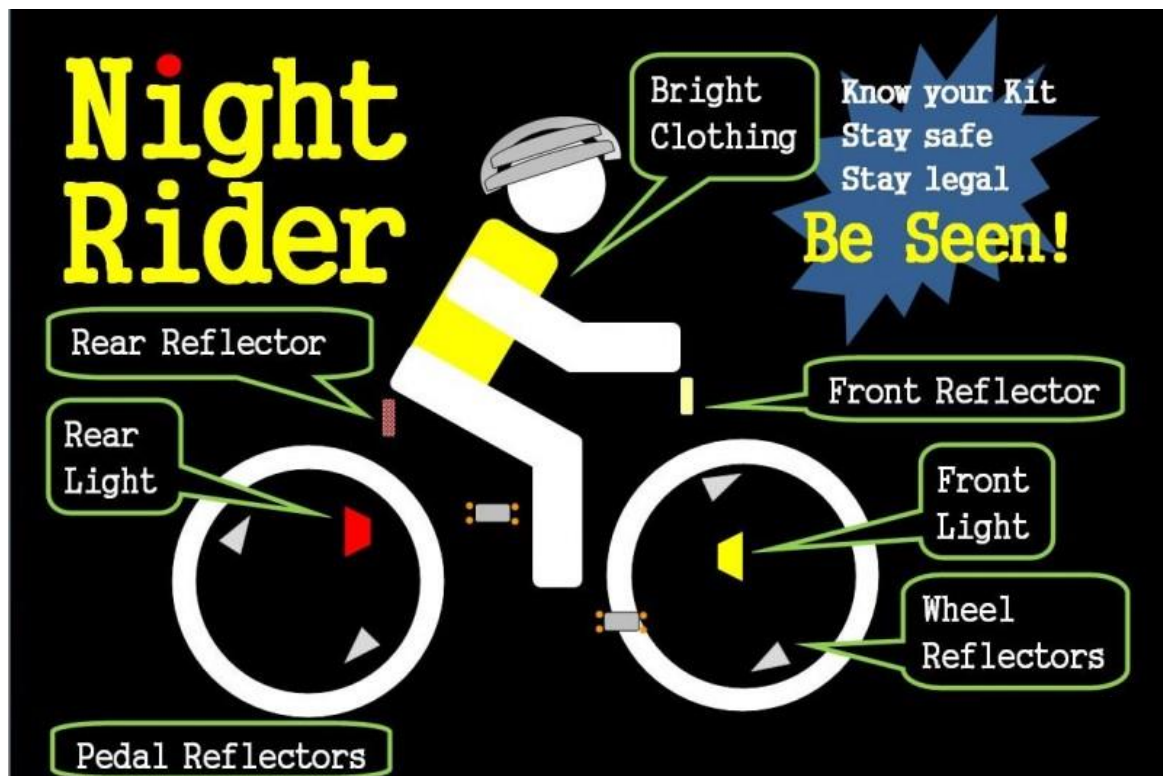


Pupil Cycle Safety

Here are ways to make sure your bike is ready for night-time riding and important tips to keep safe and be seen this winter:

Be visible to other road users in the dark by having lights and reflectors:



- One front light which is white.
- One rear light which is red, and a red reflector fitted at the rear.
- Amber reflectors on each pedal
- White front reflectors and spoke reflectors will also help you to be seen.

It is **illegal** to cycle on a public road after dark **without these lights and reflectors.**

If your lights are easily removable, take them with you when you lock your bike. Don't forget to charge rechargeable lights when you get home. Having an extra set of lights can also be useful.



Cycle Safe



Be bright and stand out!

- School uniforms are often dark so adding brightly coloured reflective clothing ensures you can be seen.
- There are many accessories which make you more visible to other road users, including reflective belts, wheel lights and reflective strips.
- Just because you can see them doesn't mean they can see you! It's hard for drivers to see cyclists against oncoming headlights unless you are wearing reflective clothing.



It is always important to be aware of your surroundings when cycling and even more so in the dark. Here are some other tips which we recommend you follow while out on your bike:

- Check your tyre pressure, tyre tread, brakes and chain.
- Remember that in wet weather you're harder to see, stopping takes longer and surfaces are slippery.
- Protect your head – wear a helmet.
- Don't use headphones – you need to hear other road users at all times.
- Put your mobile phone away and out of sight. Concentrate on the road.

BE SEEN THIS WINTER



Cycle Safe

