

Safe Cycling

When you ride a bicycle there are rules you must follow.

Cyclists must know the rules of the road, which signals to use and what the different road signs mean.

A bicycle that is roadworthy is very important and a helmet is essential.



1. Read the sentences. Write true or false.

- (a) You should always ride your bike on the road. _____
- (b) Only wear a helmet when the weather is hot. _____
- (c) Always ride in single file. _____
- (d) Make sure your bike is well maintained. _____
- (e) Learn what road signs mean. _____
- (f) You do not need to follow the same road rules as car drivers. _____

2. (a) Draw a picture of your bike (or a friend's).

(b) Tick those things your bike (or your friend's) has that make cycling safer.

- | | |
|---|--|
| <input type="checkbox"/> Helmet | <input type="checkbox"/> Bell |
| <input type="checkbox"/> Reflector | <input type="checkbox"/> Security lock |
| <input type="checkbox"/> Brakes | <input type="checkbox"/> Light |
| <input type="checkbox"/> Inflated tyres | <input type="checkbox"/> Correct size handlebars |

3. (a) Have you, or a friend, ever had an accident? _____

(b) If so, describe what happened. _____

(c) How could the accident have been avoided? _____
