

Are you a cycle safely superstar?

Fill in the missing letters and words.

Wear a cycle h _ _ _ _ _

Always wear a h _ _ _ _ _ that's the right size for you and fitted correctly!

Be b _ _ _ _ - be seen

Wear something b _ _ _ _ or ref _ _ _ _ _ make sure everyone can see you coming!

Find the safest route

Plan your cycle j _ _ _ _ _ with your parents, and do your best to stick to cycle p _ _ _ _ s and quieter roads. If the road looks busy, get off your bike and w _ _ _ .

Put your lights on

Fit your bike with r _ _ _ _ _ and good strong lights if you're riding in the d _ _ _ .

Park with care

Park your bike with thought for other p _ _ _ _ , use a cycle stand and l _ _ _ _ it to something secure!

Road signs

Match the sign with the correct meaning.

- Recommended route for cycles
- Cycles only
- Separate cycle & pedestrians
- DON'T CYCLE where you see this sign
- Warning Cyclists ahead



QUIZ

1: What to wear

What should you wear when out cycling?

(Select as many answers as you believe to be correct)

- A Tasteful, environmentally-friendly clothes which blend in with the landscape
- B Light-coloured or fluorescent clothing – which helps other road users to see you in daylight and poor light
- C Clothes which aren't 'floaty' or have dangly bits
- D A cycle helmet hat which conforms to current regulation, is the correct size and securely fastened

2: Get your lights right

When cycling at night, which lights must you display?

(Select as many answers as you believe to be correct)

- A A red, white and blue light attached to your handlebars
- B A white front light and a rear red light and a red rear reflector
- C Christmas tree lights entwined tastefully around your cycle frame
- D A white spotlight at the front and a flashing green light at the rear

3. Safety in numbers?

Which of the following things must you never do when riding with other cyclists:
(Choose one option only)

- A Conduct discussions about TV or music
- B Ride more than two abreast
- C Forget to take a nice picnic to enjoy at your destination
- D Fail to wear colour co-ordinated fluorescent clothing