

Are you a cycle safely superstar? Answers

Fill in the missing letters and words.

Wear a cycle helmet

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

Be bright- be seen

Wear something bright or reflective make sure everyone can see you coming!

Find the safest route

Plan your cycle journey with your parents, and do your best to stick to cycle paths and quieter roads. If the road looks busy, get off your bike and walk.

Put your lights on

Fit your bike with reflectors and good strong lights if you're riding in the dark

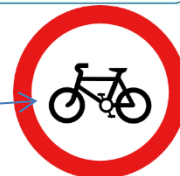
Park with care

Park your bike with thought for other people use a cycle stand and lock 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