

Contents

Helping Hands

		<i>Page</i>
No 1	<i>Why Teach Road Safety?</i>	2
No 2	<i>What is Traffic?</i>	6
No 3	<i>Passenger Safety</i>	8
No 4	<i>Getting In and Out of Vehicles</i>	10
No 5	<i>Walking on the Footpath</i>	12
No 6	<i>Choosing a Safe Place to Cross the Road</i>	14
No 7	<i>Kerb Drill</i>	16
No 8	<i>Crossing at Traffic Lights</i>	18
No 9	<i>Choosing Safe Routes to School</i>	20
No 10	<i>Using the School Patrol</i>	22
No 11	<i>Choosing a Cycle Helmet</i>	24
No 12	<i>A Safe Cycle</i>	26
No 13	<i>Cycling Safely</i>	28
No 14	<i>Toys with Wheels</i>	30

Acknowledgements

Road Safe Series

Helping Hands and *The Road Safe Activity Book* have been developed by the New Zealand Police Youth Education Services (YES). The development group was:

Helen Harris	Co-ordinator School Road Safety Education, YES, New Zealand Police
Glen Morrison	Project Officer, <i>RoadSense</i> , YES, New Zealand Police
Gill Palmer	Curriculum Officer, YES, New Zealand Police

Design by Jane Ough, O Design

Illustrations by Rogelio Carles-Rosas

Printed by Brebner Print

Copyright New Zealand Police 2005 ISBN 0-477-02964-7

Why Teach Road Safety?

Children are vulnerable road users.

In 2003 18 children aged 9 and under were killed on the road.

Of these, 9 were passengers, 8 were pedestrians and 1 was a tricycle rider.

In 2003 561 children aged 9 and under were injured on the road.

Of these, 1 was a driver, 338 were passengers, 2 were motorcycle pillion, 30 were cyclists, 188 were pedestrians and 2 were other road users.

"Motor Vehicle Crashes in New Zealand 2003" LTSA 2004

Children are not mini adults

- They do not see and hear things in the same way adults do.
- Their eyesight is not well developed, especially their peripheral vision.
- They are easily distracted by noises or things such as animals.
- They are short in stature and so can't see over or around things easily.
- They can't judge safe distances easily and so may make poor decisions about crossing the road.
- They may forget road safety rules if something unexpected happens, such as their ball bouncing out onto the road.

Take a walk in their shoes. When you want to cross the road, crouch down between parked cars and see what you can see and hear. How easily could the driver of a large heavy motor vehicle see you?

As a parent, caregiver or supervisor of young children, you need to give them a helping hand to keep safe on the roads. What you teach your children about road safety from an early age should shape their road safety behaviour for life.



You must:

- Be a good role model - always be a safe road user yourself.
- Learn what your child can and can't do. How much can they see and hear at the road side? Can they tell how fast traffic is going? Can they decide when the road is clear to cross?
- Go out with your child and help them learn and practise road safety skills. To be effective, you should do this regularly.
- Never assume your child can make good decisions when things present themselves unexpectedly.

A guide to what and when

Baby to Year 1

Make road safety messages part of their everyday life:

- *Talk about why you are putting them in a child restraint.*
- *Always put on your safety belt and say you are doing this to keep yourself safe.*
- *Talk about where and why you are crossing the road, and why you chose this point to cross.*
- *Push the stroller on the house side of the footpath.*
- *Listen to songs and read stories with a road safety focus.*

2 - 4 Years

- *Hold their hand while walking with them, and always make sure that the child is on the house side of the footpath.*
- *Use STOP, Look and Listen to cross the road.*
- *Watch out for sneaky driveways.*
- *Show them safe places to play. Explain why they are safe places.*
- *Make sure you know where all children are before backing out the car.*
- *Start the habit of the child wearing a safety helmet when using wheeled toys, and always watch them while they are riding these.*

5 - 7 Years

- *Walk with them to school when they are very young, holding their hand.*
- *Decide with them safe places to cross the road, and explain the purpose of pedestrian crossings, school patrols and traffic lights.*
- *Teach them where to wait for the bus, how to behave on the bus and where to wait when they get off the bus.*
- *Make sure they know not to run across the road to the car. Park it in a safe place and walk to get your child.*

- *Help them to plan safe routes to school as they get older, avoiding railway lines and parks.*
- *Teach them what to do if there is a hazard, like road works, in their way.*
- *Teach them how to get help in an emergency situation.*

7 - 9 Years

- *From time to time check on their skills as pedestrians.*
- *Talk about cycle helmets and cycle safety.*
- *Make sure they don't ride on the road unaccompanied until they are 10, then only if they are competent.*
- *Explain that they must not ride on the footpath, as it is unsafe, as well as being against the law.*
- *Start talking about road rules and laws, why we have them and the consequences of not using them.*
- *Teach them how to get help in an emergency situation.*

10 Years onwards

- *Your child will be wanting to travel more independently. Whilst you need to let them do this you also need to revisit the road safety messages for the 7-9 years group frequently.*
- *Never assume your child will know what to do if something changes on their normal route.*
- *Check periodically that your child is still being safe, if not, go back to supervising their behaviour.*

The Road Safe Activity Book Quiz Question No 1

Question: *At what age should a parent or caregiver start road safety education with their child?*

Answer: *As soon as they go out on the road with their parents or caregivers.*

What is Traffic?

<i>What should I teach my child</i>	<i>Why should I teach this?</i>
<ul style="list-style-type: none">• <i>There are lots of different types of traffic on the road.</i>• <i>The different types of traffic are equally as dangerous.</i>• <i>All types of traffic are dangerous.</i>• <i>Different places may have different types of traffic, for example milk tankers in the country.</i>	<ul style="list-style-type: none">• <i>Children are often told to look out and wait for cars. This is misleading. They should look and wait for all traffic. Also children need to take special care with bigger vehicles, as the drivers find it harder to see children.</i>• <i>Trucks and buses are much heavier and harder to stop than cars, therefore they can cause more severe injuries.</i>• <i>When children visit different places they need to be prepared for different types of traffic.</i>• <i>They need to be prepared for different types of traffic when they are on holiday, or visiting other places.</i>

How do I teach this?

Talk about:

- The different types of traffic, such as cars, buses, trucks, vans, bicycles, police cars, trucks, trailers, pedestrians. Get your child to think of others. Use model toys to start introducing the different types.
- The parts of the roadway that different types of traffic use. For example, pedestrians use footpaths, but bikes and cars use the road.
- Where the driver sits in the different types of vehicles and whether it would be easy to see a small person crossing the road.
- The different sizes of vehicles, possibly using pictures in magazines.

Practise together:

- Identifying different types of traffic that you see out on a walk.

When do I teach this?

Years 0 ----- 2 ----- 4 ----- 6 ----- 8 ----- 10

Play with and talk about toy vehicles.

Go for walks and look for and name different types of traffic.

Children name different types of traffic they see out the car window.

The Road Safe Activity Book Quiz Question 2

Question: Which types of traffic are allowed on the footpath?

Answer: Cyclists who are delivering newspapers or mail, and pedestrians.

Passenger Safety

<i>What should I teach my child?</i>	<i>Why should I teach this?</i>
<ul style="list-style-type: none">• <i>To always make their safety belt click and to keep it done up for the whole trip.</i>• <i>To sit quietly in the car or bus and not distract the driver.</i>• <i>To keep hands and legs inside the vehicle.</i>• <i>Not to throw things out the window of the vehicle.</i>• <i>Not to make sudden loud noises.</i>• <i>To always sit in the backseat of the car, especially if airbags are fitted.</i>	<ul style="list-style-type: none">• <i>All passengers must wear a safety belt or be in a correctly fitted child restraint appropriate for their size.</i>• <i>If the driver is distracted it will make it hard for them to concentrate.</i>• <i>The child could be injured if their arm or leg was caught on a passing vehicle or other object.</i>• <i>It is illegal to throw things out the car window, and it could distract another driver.</i>• <i>A sudden loud noise could give the driver a fright or distract them.</i>• <i>A child is safer in the back seat. Airbags are not designed for children and can cause injury.</i>

How do I teach this?

Talk about:

- Things that might distract a driver and what could happen next.
- Why they shouldn't throw things out the car window. Make sure that they know what to do with any rubbish.
- Why there are child restraints in vehicles and why they should always be done up.

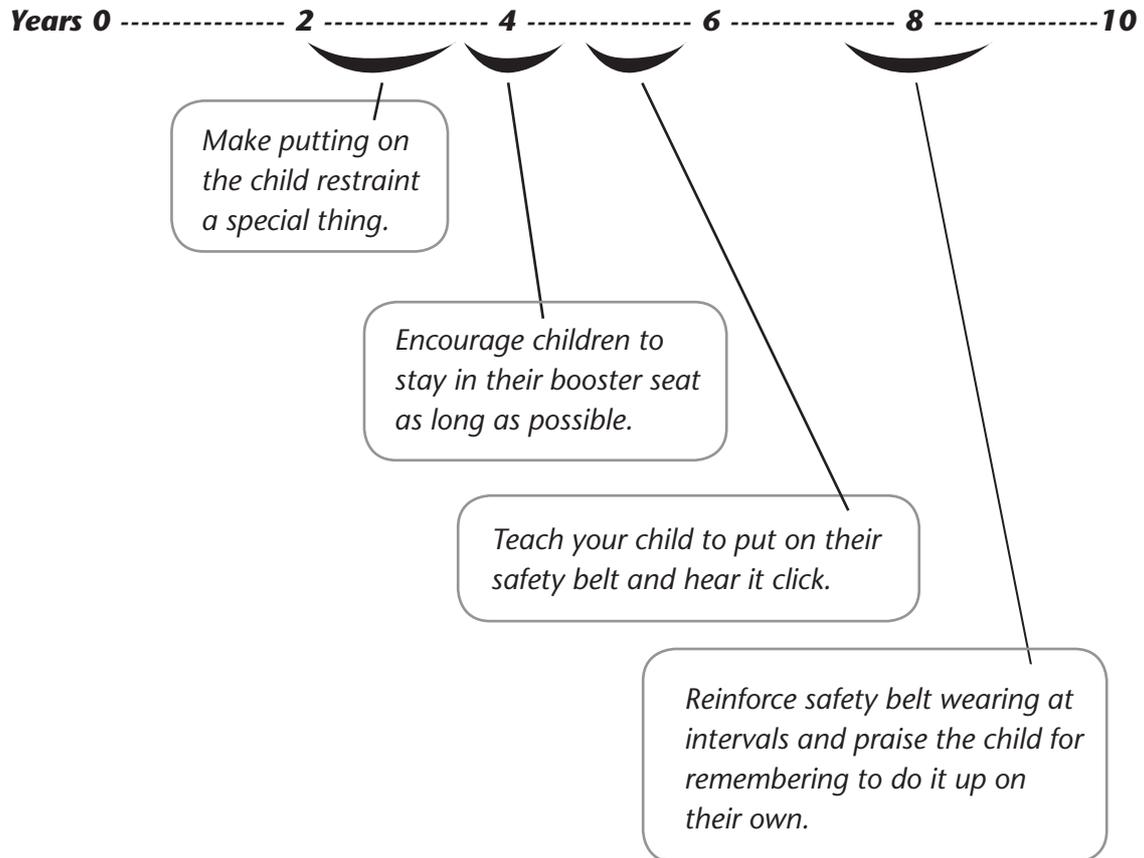
Practise together:

- Putting on safety belts and making them click.

Model:

- Putting on your own safety belt at all times and making sure all passengers wear safety belts too.
- Seating children in the back seat.

When do I teach this?



The Road Safety Activity Book Quiz Question 3

Question: Who is responsible for making sure a child under 15 is wearing a safety belt?

Answer: The driver.

Getting In and Out of Vehicles

<i>What should I teach my child?</i>	<i>Why should I teach this?</i>
<ul style="list-style-type: none">• <i>That in a four-door vehicle the back left door is the safest door for a child to get in and out of.</i>• <i>To listen and wait for your instructions before getting out of the car.</i>• <i>A sequence for getting all passengers in and out of the vehicle- put a child who is walking into the car first, then put the baby in and last the shopping. Reverse this sequence when getting out of the car.</i>	<ul style="list-style-type: none">• <i>This is the footpath side of the car and so the child is not near traffic.</i>• <i>So the child doesn't rush out of the car and be injured by a vehicle, for example at a supermarket car park.</i>• <i>This sequence will help to keep everyone safe.</i>

How do I teach this?

Talk about:

- How important it is not to run off in a car park, as cars may be reversing and may not see children.
- The importance of getting in and out of a car on the footpath side.

Practise together:

- Getting out of the vehicle in different locations, such as an angle park, a supermarket, parallel parks.
- The sequence for getting in and out of the vehicle at home before an outing.

Model:

- Always look carefully for traffic before you get out of the car.

When do I teach this?

Years 0 ----- 2 ----- 4 ----- 6 ----- 8 ----- 10

From birth, always explain the sequences for getting in and out of the car.

Make sure children wait until you say to get in and out of the vehicle.

Continue to reinforce the safety messages about getting in and out of the vehicles safely.

The Road Safety Activity Book Quiz Question 4

Question: *You are sitting in the back seat of a four-door car. Which is the safest door to get out of and why?*

Answer: *The left hand back door because it is on the footpath side of the road away from traffic. This could differ on one way streets.*

Walking on the Footpath

<i>What should I teach my child?</i>	<i>Why should I teach it?</i>
<ul style="list-style-type: none"><i>To hold the hand of a responsible older person.</i><i>To walk on the house side of the street, or closest to the shops.</i><i>To look out for sneaky driveways.</i>	<ul style="list-style-type: none"><i>Children are easier to control if they are holding your hand. You must be ready to stop them if they try to move suddenly. Small children do not have the ability to judge traffic speeds and make appropriate decisions.</i><i>They will be further away from vehicles that travel on the road.</i><i>Driveways often have vehicles coming in and out of them. Bushes or fences often hide them. When children are walking on the footpath a car could drive in or out of a driveway at any time.</i>

How do I teach this?

Talk about:

- The condition of the footpath and possible hazards such as road works or big dogs.
- The noise of traffic and how it can distract a pedestrian.
- Sharing the footpath with others such as wheelchairs, mobility scooters or scooters.

Practise Together:

- Take regular walks, ensuring the child is nearest to the houses and you are closest to traffic. Look out for driveways.
- Using kerb drill to cross driveways
- Sneaky driveways and how they should cross using kerb drill (see No 7).

Model:

- Always walk on the footpath well away from traffic and pause at driveways to check for vehicles.

When do I teach this?

Years 0 ----- 2 ----- 4 ----- 6 ----- 8 ----- 10

Walk on the house side of the footpath when your baby is in a front or back pack and in the stroller.

As soon as your child is walking get them into the habit of holding your hand and walking on the house side of the footpath.

Practise kerb drill at driveways.

Continue to reinforce safe walking on the footpath when out together. If there is no footpath, decide together what to do.

The Road Safe Activity Book Quiz Question 5

Question: Where do you walk if there is no footpath?

Answer: Face the oncoming traffic and walk as far off the road as possible.

Choosing a Safe Place to Cross the Road

<i>What should I teach my child?</i>	<i>Why should I teach this?</i>
<ul style="list-style-type: none"> • <i>To look for a place to cross where they can see clearly up and down the road.</i> • <i>That pedestrian crossings, traffic lights, school patrol or pedestrian refuge are safe places to cross.</i> • <i>To avoid crossing very close to intersections.</i> • <i>To avoid crossing at driveways.</i> • <i>To make eye contact with the driver when waiting to cross at the pedestrian crossing.</i> • <i>That a driver does not need to stop at a pedestrian crossing unless the pedestrian is on the first white line.</i> • <i>Not to play on the footpath when waiting to cross.</i> 	<ul style="list-style-type: none"> • <i>Children need to see if vehicles are coming from all directions.</i> • <i>There is a better chance of traffic stopping for them.</i> • <i>Cars can come from all directions and may not be looking for pedestrians.</i> • <i>Cars may back out of a driveway quickly and may not see a pedestrian. The entrance to the driveway may be obscured by bushes or high fences.</i> • <i>Pedestrian crossings are not magic white lines - drivers may not stop. If the child has made eye contact they know the driver has seen them, and hopefully will slow down and stop for them.</i> • <i>The child might expect that a driver will automatically stop and could step straight out in front of the car.</i> • <i>This could confuse the driver.</i>

How do I teach this?

Talk about:

- Why pedestrian crossings are safer places to cross, but that care still has to be taken.
- What things might be dangerous, such as crossing between parked cars, at intersections, crossing towards a driveway or crossing at a blind corner where they can't see if cars are coming.
- How a driver often cannot see a small person and that running out onto the road can be dangerous.

Practise together:

- Choosing safe places to cross.
- Making eye contact with a driver before crossing at a pedestrian crossing.

Model:

- Crossing at safe places at all times when you are with your child.
- When picking your child up from school, park in a safe place, and walk to get your child. Then cross safely, using the pedestrian crossing or school patrol if there is one.
- Crossing at uncontrolled sites.

When do I teach this?

Years 0 ----- **2** ----- **4** ----- **6** ----- **8** ----- **10**

When your child is in the stroller talk about where you have chosen to cross and why.

When you and your child are walking decide together on a safe place to cross.

As your child walks independently, now and again check they are crossing safely.

The Road Safety Activity Book Quiz Question 6

Question: You must use the pedestrian crossing if you are within how many metres of it?

Answer: Twenty Metres

Kerb Drill

What do I teach my child?	Why do I teach this?
<ul style="list-style-type: none">• To use kerb drill every time they cross the road. Kerb drill is:<ol style="list-style-type: none">1 Find a safe place to cross (see No 6).2 Stop one step back from the kerb (help them learn to judge this by walking to the kerb and taking one step back).3 Look and listen for traffic wherever it may come from.4 If there is traffic coming wait until it has passed, then look and listen for traffic again.5 When there is no traffic coming walk quickly straight across the road, looking each way for traffic.	<ul style="list-style-type: none">• At some stage your child will have to cross the road on their own. You need to make sure they have the information to keep safe.• Stopping one step back from the kerb is away from the traffic, yet the child can still see clearly and the driver can see the child.• Traffic can come from directions children may not expect.• If a child runs across the road there is more likelihood that they may fall over. Walking straight across takes less time.• The child needs to keep looking for traffic while crossing as a vehicle could approach quite quickly.

How do I teach this?

Talk about:

- Why they need to be careful crossing roads and sneaky driveways (see No 5).

Practise together:

- Kerb drill on the drive at home, then, when they are more confident, practise at the roadside.

Model:

- Always practise kerb drill yourself.

When do I teach this?

Years 0 ----- 2 ----- 4 ----- 6 ----- 8 ----- 10

When the child is in the stroller talk about taking care when crossing the road.

As they start walking hold their hand and practise kerb drill every time you cross the road or a driveway.

Reinforce kerb drill at all times when out walking with your child.

The Road Safety Activity Book Quiz Question 7

Question: What are the five steps for Kerb Drill?

Answer:

- 1 Find a safe place to cross.
- 2 Stop one step back from the kerb.
- 3 Look and listen for traffic wherever it may come from.
- 4 If there is traffic coming, wait until it has passed, then look and listen for traffic again.
- 5 When there is no traffic coming walk quickly straight across the road, looking each way for traffic.

Crossing at Traffic Lights

What do I teach my child?	Why should I teach this?
<ul style="list-style-type: none">• To walk to the traffic lights to cross, if there are some nearby.• How to use the traffic light crossing buttons.• To recognise the red and green person signals/walk, don't walk signals.• To be aware that sometimes vehicles do not stop at traffic lights.	<ul style="list-style-type: none">• Children sometimes want to cross where they are rather than walking a bit further to a safer place.• Many urban areas have traffic lights and your child needs to know how to operate them.• Your child has to know when it is safe to walk and when they must wait.• If a vehicle tries to beat the lights they might hit a pedestrian who is crossing with the lights.

How do I teach this?

Talk about:

- Why traffic lights are safe places to cross, but why pedestrians still need to take care and look for traffic.
- How traffic lights can have different signals in different places, such as **a green/red person, Walk/Don't Walk**, buzzers or other sounds.

Practise together:

- Take your child to the lights and help them push the buttons and see the different signals (red and green person/ walk/don't walk).

Model:

- When crossing at the traffic lights always wait for the signal that it is safe to cross.
- Never model crossing against the lights. Your child will copy you.

When do I teach this?

Years 0 ----- 2 ----- 4 ----- 6 ----- 8 ----- 10

Show your child the buttons and signals when they are in the stroller. Listen to the sounds together.

Talk about traffic lights when travelling with your child in the car.

Watch your child operating the traffic lights and reinforce safe use constantly.

The Road Safety Activity Book Quiz Question 8

Question: *What should you do if you are already crossing the road when the red person signal or the Don't Walk signal starts flashing?*

Answer: *Continue walking quickly across the road. Do not hesitate or start running.*

Choosing Safe Routes to School

What should I teach my child?	Why should I teach this?
<ul style="list-style-type: none"> • <i>The safest route to walk to school - this is a route you have chosen together and that your child must always use. When you plan the route consider:</i> <ul style="list-style-type: none"> - <i>how many roads they will have to cross</i> - <i>how many driveways on the route</i> - <i>are there safer places to cross such as pedestrian crossings, traffic lights or school patrols (see No 10)</i> - <i>can the child see traffic clearly from where they will have to cross</i> - <i>possible hazards, such as big dogs</i> - <i>if possible avoid parks, shops, railway lines, playgrounds, car parks and houses where unfenced animals roam free.</i> • <i>To re-assess the safe route from time to time with you.</i> 	<ul style="list-style-type: none"> • <i>It is healthy for you and your child to walk to school. It also means less congestion of traffic at the school.</i> • <i>At some stage they will walk to school on their own, so the route has to be safe, even if it may be a bit longer.</i> • <i>Things along the route may change, for example a major building site may have sprung up, or traffic flow increased.</i>

How do I teach this?

Talk about:

- What makes a safe route to school.
- The importance of always using that route so that you know where they are when they are walking alone as they get older.
- The route that you think will be safest and why.
- If the route includes public transport such as buses or trains, talk about getting on and off safely and passenger behaviour (see No 3).
- Discuss some What ifs... **What if there are road works? What if a big truck blocks the footpath?**
- At a later stage if your child will be cycling to school unaccompanied, (aged 10 or over - see No 11), talk about wearing helmets, hand signals and that it is illegal to ride on the footpath.

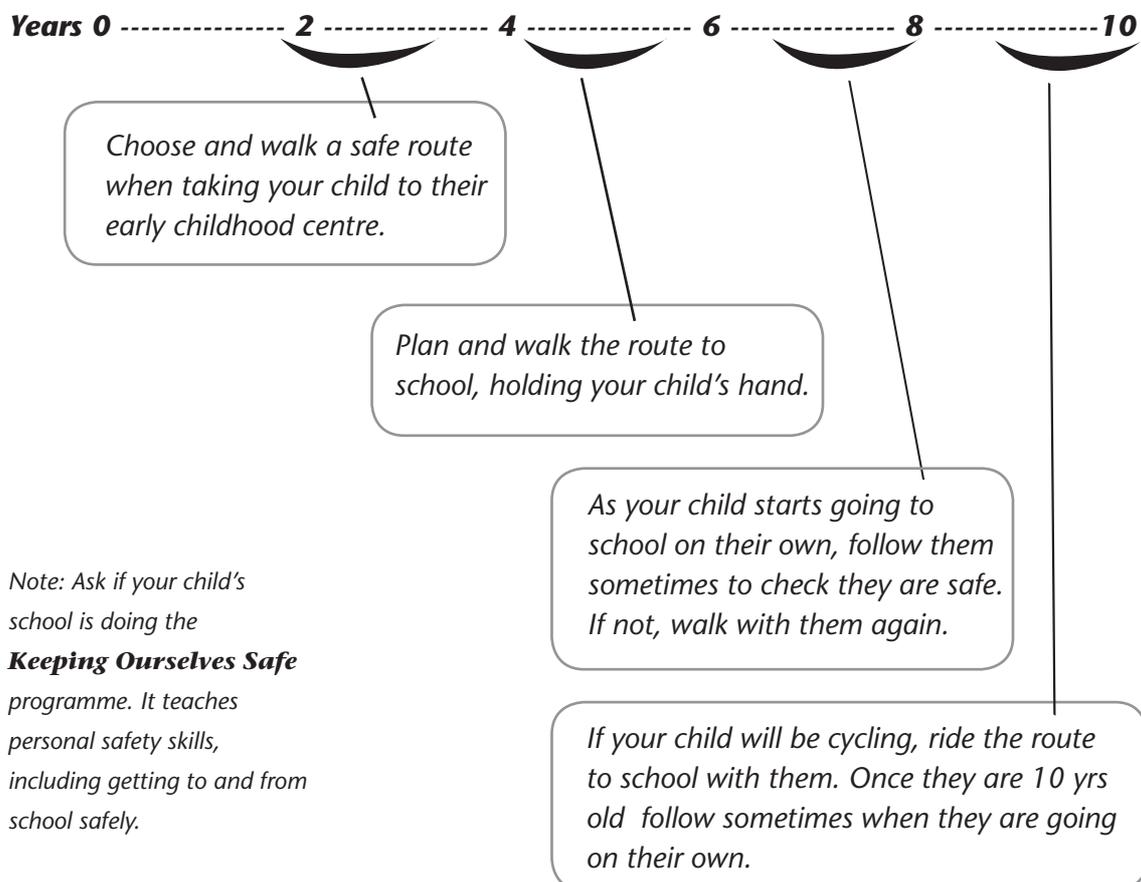
Practise together:

- Walk the route to school together a number of times before your child starts school. Talk about places along the way. Make sure your child can operate the traffic lights (see No 8).
- At a later time, if your child will be cycling to school, assess the route and decide if it is suitable for cycling. If not, choose a new suitable route, and cycle it several times with your child.

Model:

- If you take your child to school always use the safe route. Avoid taking short cuts to save time.

When do I teach this?



Note: Ask if your child's school is doing the

Keeping Ourselves Safe

programme. It teaches personal safety skills, including getting to and from school safely.

The Road Safety Activity Book Quiz Question 9

Question: What would you do if the footpath on your safe route to school was blocked by a big truck?

Answer: *Either: Choose a safe place to cross the road using kerb drill. Cross back to where the footpath is clear.*

Or: Check that the road is clear and walk around the truck.

Using the School Patrol

<i>What should I teach my child?</i>	<i>Why should I teach this?</i>
<ul style="list-style-type: none"><i>To always cross at the school patrol if there is one.</i><i>What the commands given by the school patrollers are and how to behave when waiting to cross.</i><i>That the school patrol personnel only operate the crossing before and after school. At other times the crossing is a normal pedestrian crossing.</i>	<ul style="list-style-type: none"><i>School patrols are safe places to cross.</i><i>It is important for pedestrians to follow the commands of the school patrollers and to wait quietly to cross. This helps to keep everyone safe.</i><i>These crossings may not be as safe at other times, and will require care.</i>

How do I teach this?

Talk about:

- What the school patrol is and why they are there.
- The different commands and when to cross.
- How to wait quietly until told to cross.
- What an important job it is to be a school patroller, and how one day they may become a school patroller too.
- What to do if they find the school patrol isn't operating one day. (see Kerb Drill No 7).

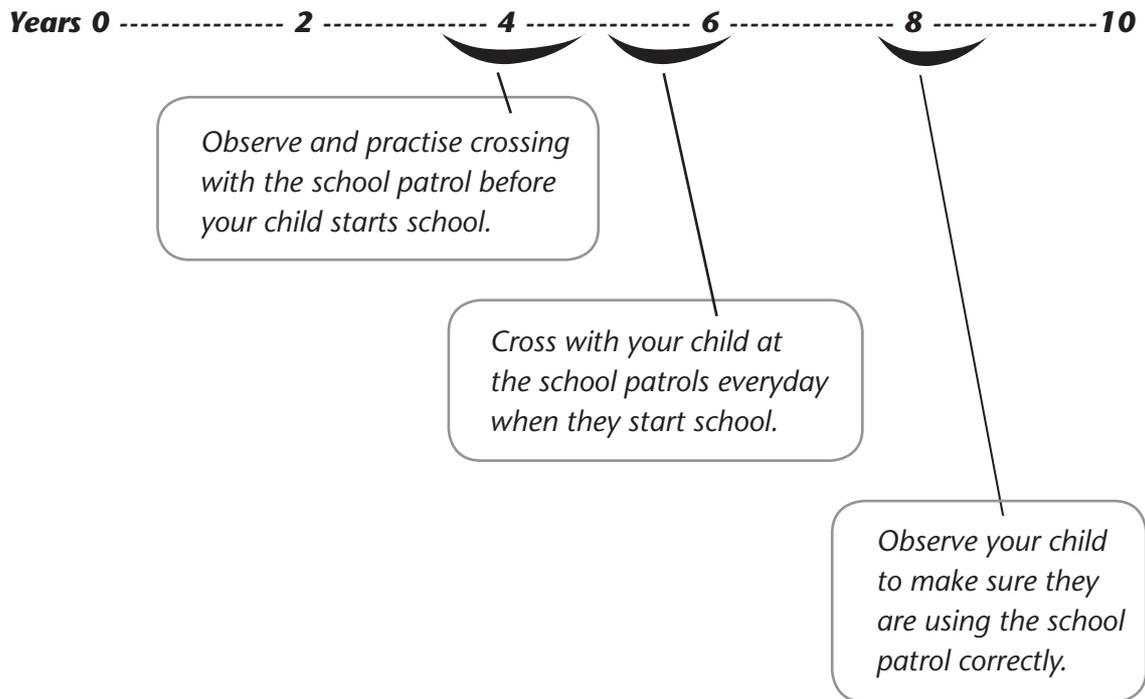
Practise:

- Before your child starts school, visit the school patrol when it is operating before or after school. Watch how the patrol operates. Then use the patrol to cross with your child, holding their hand.
- When your child has started school cross at the school patrol with them in the morning and afternoon, until they are going to school independently.

Model:

- Always use the school patrol yourself when crossing at the school when it is operating.

When do I teach this?



The Road Safety Activity Book Quiz Question 10

Question: What do the school patrollers say to let pedestrians know that it is safe to cross?

Answer: Cross Now

Choosing a Cycle Helmet

What should I teach my child?	Why should I teach this?
<ul style="list-style-type: none"> • How to put on their own cycle helmet and adjust it to fit properly, by doing up the straps. The helmet should: <ul style="list-style-type: none"> - fit snugly on the head - have the straps adjusted so that the helmet is level on the head - not be able to be slid back over the head • To look after the cycle helmet. Have a safe place to store it at home. • To always wear the cycle helmet when riding their bike or a wheeled toy, including riding at home. Be firm - no helmet, no riding. 	<ul style="list-style-type: none"> • It is important that the cycle helmet fits properly and is the right size. If it can move on the head it will not give protection. All new helmets must be certified to a standard approved by the Land Transport Safety Authority. The helmet should have a sticker inside stating which standard it complies with. The standards are NZ Standard, Australian Standard, Snell B90 or B95, ASTM F1447-1994. For more information see www.ltsa.govt.nz Fact Sheet No 1. • A damaged helmet could be useless in a crash, and should be thrown away. • Wearing a cycle helmet reduces the chances of head injury; and it is the law.

How do I teach this?

Talk about:

- The consequences of not wearing a cycle helmet.
- How to care for the helmet.
- What adjustments may have to be made to a hairstyle to make sure the helmet fits correctly.

Practise:

- Putting on and adjusting the child's helmet. (see the illustration on the next page)

Model:

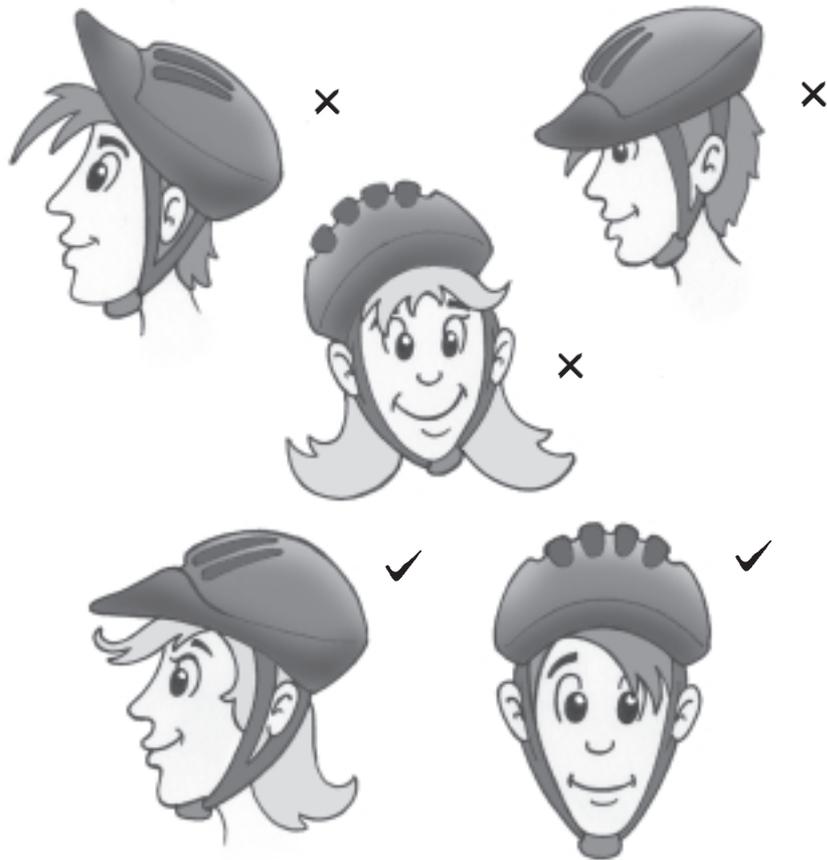
- Always wear your cycle helmet when cycling.
- Consistent rules about the wearing of the cycle helmet.

When do I teach this?

Years 0 ----- 2 ----- 4 ----- 6 ----- 8 ----- 10

Insist your child wears a helmet as soon as they start riding wheeled toys or trikes. Reinforce safe places for the child to ride.

Constantly reinforce the wearing of the cycle helmet as the child gets older. Check that the helmet is still a good fit and is free from damage.



Helmet fitted securely sitting level on the head.

The Road Safety Activity Book Quiz Question 11

Question: Some parents buy their child a helmet that is too big, so that the child will be able to wear it for a long time. Why isn't this a good idea?

Answer: It isn't a good idea because a helmet will not protect a child's head unless it fits properly.

A Safe Cycle

What should I teach my child?	Why should I teach this?
<ul style="list-style-type: none"> • To give their bike a safety check before each ride, for example checking the brakes, the oil on the chain and air in the tyres. • To put their bike away in the right place at home so that it is safe and out of the weather. • Put the bike in a bicycle park at school or at the shops. • To lock their bikes whenever they leave them unattended. The bike should be locked so that the frame cannot be removed from the wheels. • To record the serial number found on the frame in case the bike is stolen. • To adjust the bike regularly as they get older, or, if this is beyond them, to let you know when the bike seems to be too small. 	<ul style="list-style-type: none"> • To help keep your child safe, and so that the child can enjoy the ride without the bike breaking down. • Bikes are expensive and encouraging your child to take care of it will help it to last longer. • This keeps the bike safe and doesn't block the footpath. • To prevent the bike getting stolen. • Adjusting the bike means that the child will enjoy the ride more. However, do not buy a bike that is too big for your child, as it will be too difficult for them to manage. • Check out www.bikewise.co.nz for more information about cycle safety

How do I teach this?

Talk about:

- Basic guidelines for keeping the bike safe and in good order.

Practise:

- Giving the bike a safety check. (See the diagram on the next page)
- Putting air in the tyres and oiling the chain.
- Adjusting the bike to fit the child. (See diagram on the next page)

Model:

- Always give your own bike a safety check before riding and keep it in good order.
- Always put your bike away in the proper place.

When do I teach this?

Years 0 ----- 2 ----- 4 ----- 6 ----- 8 ----- 10



Establish sound principles about checking, locking and storing a bike when the child gets their first bike.

Establish a regular routine of checking and adjusting the bike as the child grows.

are reflectors fitted and clean?

is the seat the right height?

are the brakes adjusted correctly?

are the handlebar grips covering the ends?

are the handlebars tight?

is the chain oiled and in good condition?

are the wheel nut and spokes tight?

is the pedal tight and spinning?

The Road Safety Activity Book Quiz Question 12

Question: What sort of rear reflector does a bike made after 1 January 1988 have to have by law?

Answer: A red or yellow rear reflector of 35cm², all of that area to be facing backwards.

Cycling Safely

What should I teach my child?	Why should I teach this?
<ul style="list-style-type: none"> • <i>Cycling skills, such as getting on and off the cycle, balance, starting, stopping, cornering and signalling. These must be practised in a safe environment with adult help and supervision.</i> • <i>That children under 10 should not ride on the road unless accompanied by a parent or another responsible adult.</i> • <i>To always wear their cycle helmet.</i> • <i>To wear bright coloured clothing and closed in shoes when cycling.</i> • <i>About common road signs and traffic laws.</i> • <i>If a cyclist wants to go across the road at a pedestrian crossing or traffic lights, they must walk their cycles across.</i> • <i>How to negotiate areas such as roundabouts, traffic lights, uncontrolled and controlled intersections.</i> • <i>To choose safe routes to cycle to places, and to use cycle lanes and cycle tracks if these are available.</i> • <i>To never ride on the footpath, unless delivering mail or newspapers.</i> • <i>To use lights and reflective clothing at night.</i> 	<ul style="list-style-type: none"> • <i>Children often want to ride on the road as soon as they get their bike and this is an unsafe thing to do. Cyclists are vulnerable road users.</i> • <i>Police and BikeWise believe that children under 10 are not sufficiently developed to easily learn the skills to cycle safely with other traffic.</i> • <i>The cycle helmet may help prevent injury (see No 11) and it is required by law.</i> • <i>Shoes protect the feet, while bright colours help cyclists to be seen by other traffic.</i> • <i>Road signs and laws are for cyclists too.</i> • <i>This is safer for them and for pedestrians.</i> • <i>These can be confusing for a new cyclist and they must be sure of what to do.</i> • <i>This helps to keep the cyclist away from congested traffic areas.</i> • <i>This is the law. Vehicles coming out of driveways could injure cyclists.</i> • <i>This helps the cyclist be seen by other traffic. The use of lights is also required by law.</i>

How do I teach this?

Talk about:

- All the skills a new cyclist has to learn.
- As you are cycling together, talk about possible traffic hazards.
- How wearing a cycle helmet reduces head injuries and may save a cyclist's life.
- What makes a safe cyclist.
- When walking or in the car, talk about road signs that you pass.

Practise:

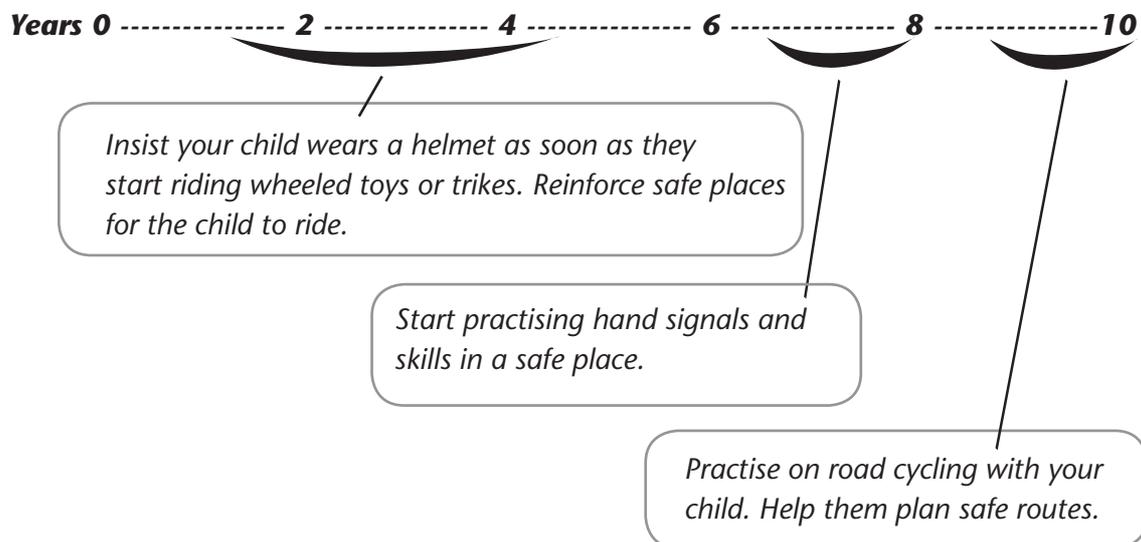
- Cycle skills and hand signals with your child, well away from traffic.
- Ride the chosen safe route to school with your child.

Model:

- Always wear your cycle helmet.
- Always give appropriate hand signals.
- Walk with your bike when you cross the road at a pedestrian crossing.
- Be a safe cyclist.

For more information look at the LTSA website www.ltsa.govt.nz or www.bikewise.co.nz

When do I teach this?



The Road Safety Activity Book Quiz Question 13

Question: Police and BikeWise say that children under what age must be accompanied by an adult if they bike on the road?

Answer: Children under 10.

Toys with Wheels

<i>What should I teach my child?</i>	<i>Why should I teach this?</i>
<ul style="list-style-type: none"> • <i>That children need to learn skills to use skateboards, scooters, in-line skates and roller skates safely.</i> • <i>The skills to use the above toys safely. This will take time and practise in a safe environment.</i> • <i>That scooters, skateboards and roller blades should not be used on roads. They should only be used on private property or places set aside specifically for their use.</i> • <i>To always wear a helmet (see No 11) and safety gear such as wrist guards, elbow and knee pads, as well as closed in shoes and brightly coloured clothing.</i> 	<ul style="list-style-type: none"> • <i>Children are most likely to be injured when first learning to use these toys, or when learning a new skill. Don't be in a hurry to buy wheeled toys for your child.</i> • <i>The skills of balance, control and stopping take time to learn and children are vulnerable until they have mastered these.</i> • <i>Most councils have rules which limit the use of these wheeled toys on carparks, footpaths and other pedestrian areas. Check with your local council. The child is at risk of injury if they are on the road, and they may injure pedestrians if they ride on the footpath.</i> • <i>These will help reduce the risk of injury to the child.</i>

How do I teach this?

Talk about:

- Safe places to skate or use a scooter at home and in places such as skate parks and playgrounds in the local area.
- Protective clothing and safety equipment.
- Possible dangers when using wheeled toys.

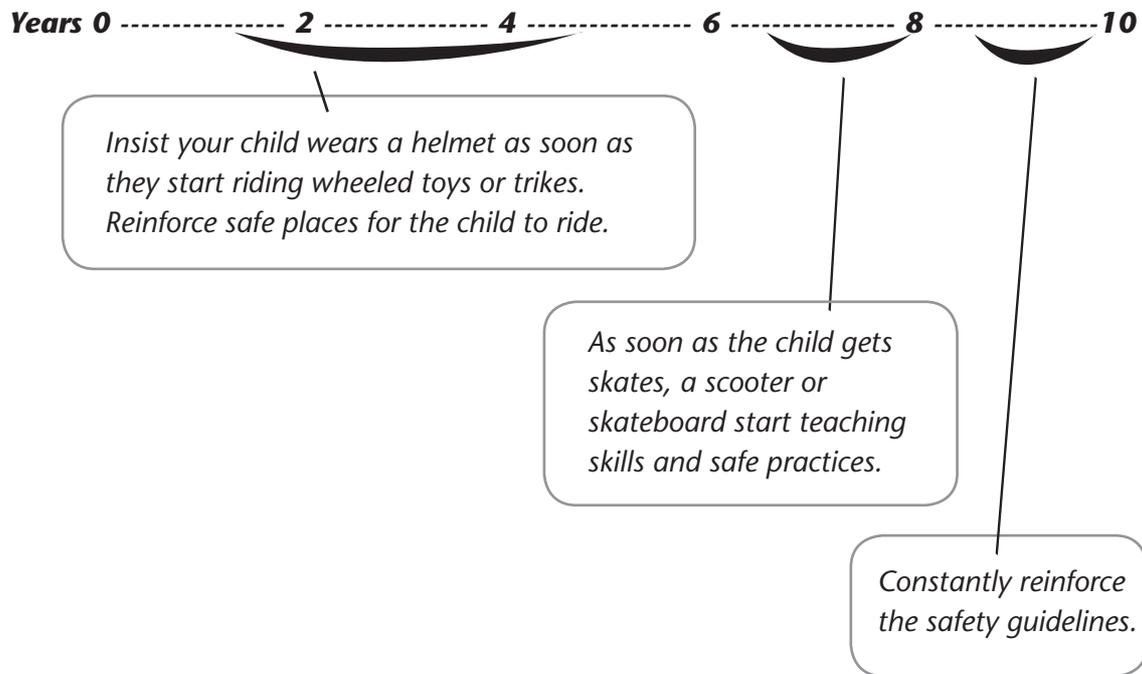
Practise:

- The skills needed to use these wheeled toys with your child in a safe place away from traffic.
- Fitting the helmet and safety gear.

Model:

If you use skates or a skateboard always wear the appropriate protective clothing and only ride in approved safe places.

When do I teach this?



The Road Safety Activity Book Quiz Question 14

Question: What protective equipment and clothing is recommended when using wheeled toys?

Answer: Helmet, knee and elbow pads, wrist guards, brightly coloured clothing and closed in shoes.

