**Riding safely in the holidays**

The holidays are just around the corner and children are hopefully out playing, riding their bikes, scooters or skateboards.

Going to the park or friends’ house to safely ride their bike is a fun activity and a great way to stay active.

It is also a great opportunity to discuss with your child the importance of keeping safe when riding and always wearing a correctly fitted helmet.

**Up until they are at least 10 years old** children don’t have the skills needed to ride alone, and the safest place to ride a bike, scooter or skateboard is within fenced areas.

**Children between 10 and 12 should ride away from busy roads.**

Go for rides with your child and teach them to be a [safe bicycle rider](https://education.nsw.gov.au/content/dam/main-education/teaching-and-learning/curriculum/media/documents/29450_Ride-a-bicycle-Safely.pdf) by always:

* following the bicycle road rules. This includes things like riding to the left on footpaths, giving pedestrians the right of way on footpaths, watching out for cars entering or leaving driveways, walking their bike across pedestrian crossings
* help your child [maintain a safe bicycle](https://education.nsw.gov.au/content/dam/main-education/teaching-and-learning/curriculum/road-safety-education/safe-travel/riding/A_guide_to_bicycle_maintenance.pdf)
* **wearing a** [**correctly fitted bicycle helmet**](https://education.nsw.gov.au/content/dam/main-education/teaching-and-learning/curriculum/road-safety-education/safe-travel/riding/A_guide_to_correctly_fitting_a_helmet.pdf)
* wearing bright coloured clothing (e.g. a vest) so they can be seen by other road users.

**Children under 16 and adult riders accompanying and supervising them may ride on the footpath, unless there are signs specifically prohibiting cycling.**

