



## Ready to Ride Checklist

Health and PE

Suitable: Primary

WALT: Ride our bikes safely and responsibly.



### Before you ride your bike you need to:

- Check your bike has lights, brakes and reflectors that are legal.
- Wear a correctly fitted helmet.
- Wear closed-in shoes.
- Share with care on footpaths, shared paths and public spaces.
- Adjust your seat height so your toes are just touching the ground.

### What to wear when you ride your bike

- Wear bright clothing. It is important that others can see you when you are on your bike.
- Ensure you are not wearing any baggy or loose clothing which could get caught in moving parts.

### You can make yourself more visible to other road users by:

- Using a hi-viz vest jacket or backpack cover.
- Adding reflective strips to clothing or backpacks.

