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