Are you a cycle safely superstar?

Fill in the missing letters and words.

Wear a cycle h______
Always wear a h_____ that's the right size for you and fitted correctly!

Be b______ - be seen
Wear something b______ or ref______ make sure everyone can see you coming!

Find the safest route
Plan your cycle j_______ with your parents, and do your best to stick to cycle p____ s and quieter roads. If the road looks busy, get off your bike and w_____.

Put your lights on
Fit your bike with r____________ and good strong lights if you're riding in the d____.

Park with care
Park your bike with thought for other p______, use a cycle stand and l____it 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