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