**Cycle Safely – things to consider**

**Cycle Helmets**

Cycle helmets can be fun, fashionable and although they do not stop accidents happening, they will help save your life if you do have an accident**.**

If you do not have a helmet, your local cycle shop can advise you. Make sure it meets one of the following standards:

**BS EN 1078:1997** (European Standard)

**BS 6863:1989** (British Standard/ European Standard)

**SNELL B.95** (American Standard)

Helmets that also have a ‘BS Kitemark’ as well the above are EVEN BETTER!

Image of cycling helmet

On the course your cycling instructor will assess you in your helmet. If they do not consider the helmet to be correct for you, they will advise you to replace it.

Full-face helmets are not permitted on your Bikeability course.

**Be Seen**

Wear bright clothing when you go out on your bike and make sure that car drivers see you and give you enough room.

Fluorescent material is made to show up during the daytime; reflective material is for the night. Make sure you will be seen by wearing the right material.

You will be provided with a hi-vis jacket on your Bikeability course.

**Safer Routes**

Always plan your journey with safety in mind. The shortest and quickest route can often be the most dangerous.

Try to avoid very busy roads, roundabouts and too many right turns until you have more experience.

You should always use signed cycle ways and cycle paths when they are available.