



## Be Bright, Be Seen!

- Wear bright clothing when playing outside or on the journey to school
- Use lights and reflectors on bikes and scooters
- Try and avoid using footpaths with no street lights

Sign up to our exciting summer holiday cycle activities at [www.telford.gov.uk/summercycling](http://www.telford.gov.uk/summercycling)

Adults — Lead by example and show children how to be safe on the roads

Educate children so they understand the importance of road safety and the possible risks

Give the road your full attention — don't use your phone or text whilst crossing the road!

For more information on Road Safety, visit [www.capt.org.uk/safety-advice](http://www.capt.org.uk/safety-advice)

## Green Cross Code

1. Find a safe place to cross, then stop
2. Stand on the pavement **near** the kerb
3. **Look** all around for traffic and **listen**
4. When there is **no traffic near, walk** straight across the road
5. Keep **looking and listening** for traffic while you cross



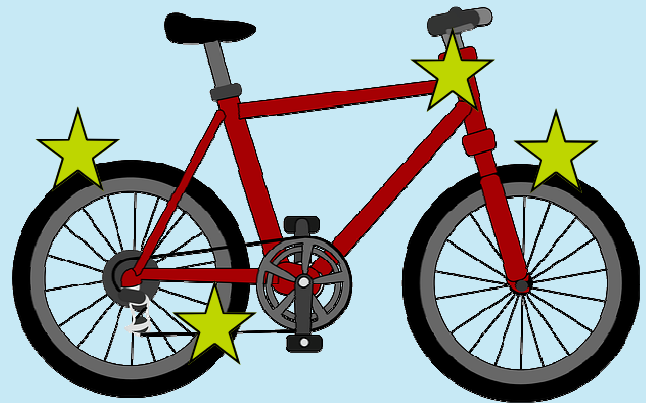


## A B C Bike Check ★

**A—Air.** Check your tyres are pumped up, why not use one of the FREE public bike pumps in Telford!

**B—Brakes.** You must have 2 working brakes in order to ride your bike on the road. Check that the brake pads aren't worn out.

**C—Chain.** Check that your chain is well oiled so that it runs smoothly.



Encourage children to wear a correctly fitted helmet on their bikes

Contact the Road Safety team for advice on [roadsafety@telford.gov.uk](mailto:roadsafety@telford.gov.uk)

## Bikeability

Make sure your child's school takes part!

**Level 1:** covers basic bike handling and control skills and is delivered in a traffic-free environment, such as a playground

**Level 2:** takes place on local streets, giving trainees a real cycling experience. Trainees will be taught how to deal with traffic on short journeys such as cycling to school - If they miss it at primary, ask your secondary school to run a course!

**Level 3:** Covers more complex situations and equips the cyclist to handle a wide range of traffic conditions and road layouts

