***How to ride your bike safely***

*Do you know how to ride a bike? If so, than do you know how to ride it safely? Follow these rules and you will be outside in no time.*

***Equipment***

* *A bike (which is the right size for you.)*
* *A Helmet (adjusted to fit your head.)*
* *A hi-viz jacket.*
* *A coat (if raining or bad weather.)*
* *A phone (just in case something happens.)*

***Instructions***

1. *Firstly, do the ABCD checks: (A= Air, B=break, C=chain and D=dress.)*
2. *Secondly, put the helmet on and adjust it.*
3. *After that, climb on your bike and start by ‘peddle ready’ (put one foot on it and the other on the pavement.)*
4. *Look behind you!*
5. *Next, start riding into secondary, then look behind you and go into primary (the middle of your lane.)*
6. *Finally, to stop, look behind you and go back into secondary (near the side of the road.)*

***Top Tip***

*Always remember to signal, whether you are going left or right or when a car is near.*

*Now you are safe whilst on your bike, you can also explain to others how to be careful on their bike. Also, your parents will trust you more; you can be more independent and go outside by yourself.*