Bike Ed

# Level One Certificate Bike Ed cycling skills and simulations

has successfully demonstrated the CYCLING SKILLS and SIMULATION components of the Bike Ed program in a supervised, off-road environment.

## Instructor’s signature

## Date

## School/Organisation

## A note to parents/carers

* This certificate does not guarantee your child’s ability to ride on-road.
* Ways in which you can help your child to be a safer bicycle rider are listed on the back of this certificate.

# Level One Certificate Bike Ed cycling skills and simulations

This is the first in a series of three certificates which recognise completion of key components of the Bike Ed program.

This certificate is awarded for demonstrating skills, knowledge and simulations in a supervised, off-road environment including:

### KNOWLEDGE

* road rules
* correct helmet fit and adjustment
* appropriate riding clothing.

### SIMULATIONS

* driveway and kerb side ride outs
* negotiating intersections
* avoiding hazards, including pedestrians.

### SKILLS

* scanning
* slow riding
* braking
* sharp turns
* riding in a straight line
* single file and forming pairs.

## How to help your child be a safer bicycle rider

* Ensure your child rides a bicycle of suitable size (when seated your child should be able to put one foot on the ground).
* It is compulsory to wear a helmet which meets the Australian Standard AS/NZS 2063 at all times, when cycling in public places. As head injuries occur during play activities it is advisable for children to wear a helmet at ALL times when cycling, regardless of location. Ensure your child’s helmet is appropriately sized and correctly fitted.
* Bright clothing and shoes which have nonslip soles and closed toes, should always be worn.
* Check the mechanical condition of your child’s bicycle regularly. If unfamiliar with bicycle mechanics, take it to a local bike shop.
* Ride with your child in order to observe the way he or she rides.
* **Road safety authorities recommend that children under the age of twelve should not be permitted to ride in any traffic environment without the supervision of an adult.**