Bike Ed

# Level Three Certificate Bike Ed on-road cycling

has successfully demonstrated safe, skilful cycling under supervision on roads in the local area.

## 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 Three Certificate Bike Ed on-road cycling

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

This certificate is awarded for demonstrating safe and skilful cycling in a supervised on-road environment. This on-road experience in the local environment requires demonstration of skills learned throughout the program.

## Skills and knowledge demonstrated include:

### SKILLS

* driveway and kerbside rideouts
* riding in a straight line
* riding single file and in pairs
* turns at intersections
* negotiating roundabouts
* riding in a variety of road conditions.

### KNOWLEDGE

* road rules
* cycling procedures.

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

### Note: Please review the advice on the Level One and Two Certificates

* Go riding with your child and identify hazards in the local area. Together work out a plan to avoid these hazards where possible or negotiate them more safely. This could include planning safe routes to school, sporting activities etc.
* **Night riding of a bicycle should be avoided.**
* If it is necessary for your child’s bicycle to be ridden at night, fit a front and rear light. Ensure the bicycle also has a red reflector visible from the rear. Yellow wheel and pedal reflectors improve the bicycle’s visibility and are recommended. A retro-reflective vest should also be worn.
* **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.**