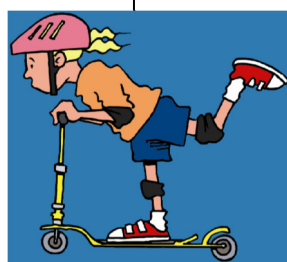




Cycling, Scooting and Roller skating



People like to Cycle,
Scoot or Skate because it is a fun and healthy way to get
around. It's a great way to get to school and is environmentally
friendly, meaning there will be less pollution in the air near
school.

Always complete a five point bike check, checking Tyres,
Brakes, Chain, Lights and Reflectors before setting off.

Wherever possible use cycle routes, paths or lanes away from
busy traffic.

Wear something light, brightly coloured or fluorescent in the
day. At night, wear something white or reflective.

Always look all around before you set off. Give clear hand
signals and look out for obstacles in the road.

Ring the bell as a warning to others to let them know you
are approaching.

Concentrate - never use a mobile phone or MP3 player
when cycling.

DON'T FORGET TO WEAR YOUR HELMET



Cycling and Scooter Safety & Security

**Tips to help to keep you and your bike or
scooter safe:**

**Bicycle lock - make sure you secure your bike tightly
with a good security lock so that it is hard to move
when it's parked.**

Try to make sure you attach your bike to a solid
permanent object like a lamp post or even better a
bike stand.

Remember to keep a note of your bikes identification
number, ask your parent or carer to help you find it
on your bike.

**If you can, you can get your bike chipped or get a
tracker, ask your local police how to keep your bike
safe.**



Be Safe, Be Seen, Be Secure



Cheshire
Constabulary

