



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:

SKILLS

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

KNOWLEDGE

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

SIMULATIONS

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

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.**