






Parent Participation


Making cycling safe for your children....

Safety Equipment:

-  Make sure the bicycle is an appropriate size for your child. Inexperienced riders should be able to put both feet on the ground while sitting on the seat. Older children or more experienced riders should be able to stand on the ground with at least one inch between the top tube (of a boy's bicycle) and the rider.

-  The Motor Vehicle Act states that all bicycles must be equipped with a light on the front of the bike (white like all other vehicles on the road) and, at a minimum, a red reflector or light on the rear of the bike. Reflectors that are big enough to reflect light from cars and be bright enough to be seen from any distance are not sold on most bikes and all lights must be purchased separately

-  Make sure the brakes are in working order. For coaster brakes move bicycle forward while pushing back on one pedal - the rear tire (where the brake will be activated) should skid. For hand brakes - look at brake pads and cables to make sure they aren't worn.


-  Make sure handlebars are tight and straight. As well, ensure that the tires are in good condition





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Riding on the Road Safely:

-  When bicycling at night, a cyclist should wear light or reflective clothing. No cyclist should ride wearing dark clothing. Even during the day, cyclists should wear tops that are bright enough to be seen by motorists.

-  All cyclists should ride in a prominent position on the road so that motorists are aware of them and can be seen more readily. Cyclists should ride in a straight line, about 1 metre away from parked cars in a predictable manner to help motorists see cyclists as they are riding. Cyclists should never weave in and out of parked cars, nor should they pass a vehicle on the right.

-  Cyclists, like any other vehicle operator, are expected to obey all traffic signals and signs, and ride with traffic (including on one-way streets).

-  While stopped at intersections, cyclists should make eye contact with drivers. This will ensure that the cyclist has been seen by the motorist and vice versa. It also will let the motorist know what the cyclist intends on doing.

-  Signalling at intersections also makes a cyclist more visible to other road users. The motorists will have the opportunity to know what direction the cyclist is travelling as well, the arm signals indicate a cyclist is up ahead. The use of wrist bands at night will help to increase visibility while signalling and will alert the motorist to what the intentions of the cyclist are.



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Helmet Safety:

- 🚲 Two finger widths should be between the eyebrow and the helmet. The helmet should be level across the forehead.
- 🚲 Straps should lie flat against the face.
- 🚲 The side buckles should meet just below the ear, make a "V" under each ear lobe.
- 🚲 The helmet should be positioned on the head as indicated below:



- 🚲 The chin strap should be tightly fastened. The gap between the chin and the chin strap should be no more than the **user's** finger width.
- 🚲 The pads that come with the helmet can be used to make sure the fit is proper. There are different widths usually provided.
- 🚲 All cyclists must wear a helmet. It is the law in Nova Scotia.