



100
YEARS AND ONWARDS



Be
Road Safe
Ready *with*
Norman & Norma

A parents' guide to child road safety

You as a parent are very influential in the life of your child. Children learn by imitating their parents so practising road safe behaviours together is the best way to keep your child safe. Take an active role in teaching road safety to your child.

Demonstrate the road safe behaviours found in this brochure and explain why these are safe. Remember to praise and encourage your child while they are learning these new skills.



Child road safety tips



Travelling by car

1. Ensure your child is using the correct child restraint for their age on every trip.
2. Teach your child to enter and exit using the rear door nearest the footpath called the “safety” door.
3. Never call your child across the road, instead meet them at the school gate.

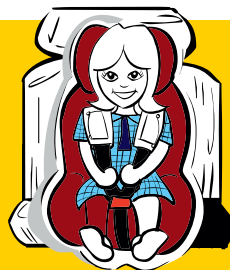
Choose the right child restraint

All children up to seven years of age must be in the right restraint for their age. Penalties apply. Delay your child’s move from their current restraint if they are small in stature for their age. For children over 7 years, check that the adult seatbelt does NOT rest on their neck before you allow them to move from their booster seat.

- For maximum protection, teach your child that their seatbelt must sit on their collarbone and across their hip bones.
- Remove all blankets before you strap your infant into their child restraint.



0 – 6 months:
Rearward-facing restraint



6 months – 4 years:
Child restraint



4 – 7 years:
Child restraint/booster seat

School pick up and drop off zone

1. Be patient, be alert to children around your car and follow the school rules.
2. Double check before reversing.
3. Never double park or make illegal U-turns.

Catching the bus

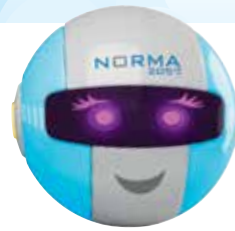
1. Take and pick your child up from the bus stop.
2. Help your child get on and off the bus.
3. Wait for the bus to move on before crossing the road.

Walking to school

1. Model how to STOP, LOOK, LISTEN and THINK when crossing the road.
2. Hold hands with your child when crossing the road, on a footpath or in a car park.
3. Teach your child the safest places to cross the road and explain to them the dangers of crossing the road between parked cars.



Bike safety tips



Bike riding is a great way to exercise and have fun as a family.

Be seen – wear bright clothing, use flags, reflectors on spokes or reflective tape on bikes to ensure your child is visible to other road users.


Be in control – the right size bike is essential for your child's safety. Adjust the bike seat so the balls of your child's feet can reach the ground when seated. Make sure that the brakes, gears and bell are in easy reach when riding.

Be sure the bike is safe to ride – check the tyres, steering, brakes and for rust regularly. Show your child how to check their tyres for air and damage prior to each ride. Teach them how to pump up their own tyres.

Be alert when near cars – talk to your child about the dangers of reversing cars in driveways. Children often assume that they are safe from cars when riding on footpaths. Teach them to stop and check before riding across a driveway.

Be safe when crossing the road – teach your child to walk their bike across the road.

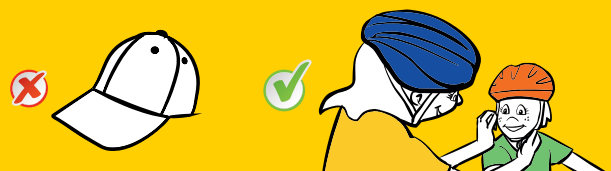
Bikes and the law

- All bikes must have a bell or horn to alert nearby road users and at least one working brake.
- Only children under 16 are allowed to ride on the footpath. An adult may ride on the footpath whilst supervising a child under 16 years old.
- Bikes are deemed by law to be a vehicle so all riders must follow all the road rules.
- It is illegal to ride your bike across pedestrian crossings unless the crossing has special bicycle lights.
- Ride across only when the bike crossing light is green. 

Bike helmet basics

- Replace any helmet that has been involved in a crash as the foam inner liner can only be compressed once. After that it is not longer safe.
- Check inside the helmet for the Australian standards sticker to ensure maximum protection.
- Helmets must be fitted correctly to protect against head injuries. Follow these 3 steps to correctly fit your child's helmet.

- 1.** Take off your hat or cap as these stop the helmet from fitting correctly.



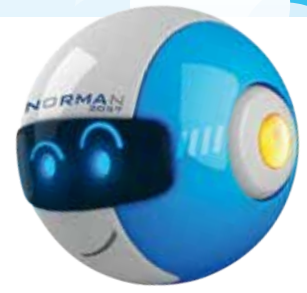
- 2.** Adjust the helmet to allow no more than a two finger space above the eyebrows to the helmet.



- 3.** Adjust the strap to form a V just below each ear. Ensure the strap is done up allowing only two fingers to fit between the strap and chin.



Riding safely on shared paths



As your child gets older they will want to ride on shared paths with other riders and pedestrians. It is essential they have the skills to do this safely.

Prior to this happening ensure your child is able to:

- Balance confidently and pedal at the same time.
- Brake in a controlled manner.
- Maintain control when riding with one hand and signalling with the other.
- Look over their shoulder to see what is behind them without losing control.
- Ride courteously near others while slowing down near pedestrians and ringing their bell.
- Be able to recognise potential hazards and what to do to avoid them.

Make learning to ride safely fun. Remembering to praise and encourage your child while they learn new skills.

