

Drive, ride and walk with respect  
and courtesy

# Bike Safety



WARRNAMBOOL  
CITY COUNCIL



# Safety First

Council and the community are working together to provide children with skills to become independent road users. Children under 9 years cannot concentrate, see as far or judge distances as well as older children, so road safety needs to be taught and practiced with an adult.

- **STOP** on the footpath
- **LOOK** both ways, into the distance for cars
- **LISTEN** for cars, trucks, bikes
- **THINK** can I make it safely across?

**Remember, always wear a helmet -  
it's the law and it helps keep your child safe.**

政府和社区合作，提供儿童技能，可以安全独立的在路上骑自行车。年龄低于九岁的儿童无法像年龄更高的儿童那样聚焦，看得那么远。所以交通安全常识需要被教导，并且需要跟成年人一同练习。

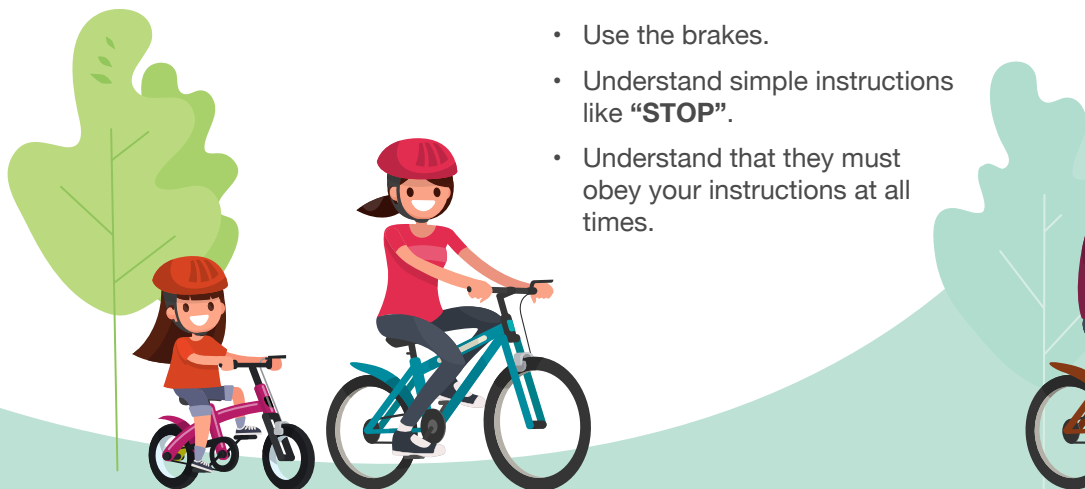
- 停在人行道上
- 看左右两边，从远处驶来的车
- 听车，卡车和自行车的声音
- 想是否能安全的过马路？

必须戴安全帽 — 这是法律规定，也帮助你的孩子安全。

# Children aged 12 and under

Children aged 12 and under are permitted to cycle on the footpath, any adult accompanying them is also permitted to cycle on the footpath. Before going on a ride ensure that your child can:

- Steer the bike.
- Use the brakes.
- Understand simple instructions like **“STOP”**.
- Understand that they must obey your instructions at all times.



## 十二岁和十二岁以下的儿童

十二岁和十二岁以下的儿童，可以在步行道上骑自行车，陪同的成年人也可以在步行道上骑自行车。在骑自行车之前，请确保你的孩子可以：

- 掌握方向
- 使用刹车
- 可以明白简单的交通指示，比如：“停”
- 明白他们必须听从你的命令

## Remember

- If you cannot cycle with your child find a place they can practice; footpath near your house, netball or basketball courts or the promenade walk are good safe places.
- Cycle behind your children- don't be afraid to use your voice.
- Before cycling instruct the children to stop on the path before any intersection.
- Instruct the children not to approach an intersection without an adult.
- Show them how to use the **STOP, LOOK, LISTEN, THINK** technique before crossing the road.
- Instruct the children to listen and **STOP** for cars coming out of driveways.



记得：

- 如果你不能陪同你的孩子练习骑自行车，那么你需要找到一个合适的地方让你的孩子来练习。你家附近的步行道，篮球场或者海边步行道都是比较不错的安全的场地。
- 在你的孩子后面骑—可以给孩子口头上的指导
- 在骑自行车之前，指导你的孩子，遇到十字路口的时候要停在路口
- 告诉你的孩子，在没有成人的陪同时，不要自己过十字路口
- 指导孩子们，在过马路之前如何使用‘停，看，听，想’
- 指导孩子们要注意听，如果有车从院子开车来，他们要停下来

# Older children

Cycling skills vary from child to child. Once they have mastered cycling on the path and understand and have the skills to obey the road rules you may feel confident that they can cycle unassisted on the paths or you may teach them how to cycle on road in quiet streets.

## Remember

- The children should use the **STOP, LOOK, LISTEN, THINK** technique before crossing intersections.
- Go through the cycling tips on this page before they set out.
- Check out your school and see if Bike Ed training is available for students.

## 年纪大一点的儿童

每个孩子骑自行车的程度都不一样。当他们已经掌握了如何在步行道上骑车，也能够遵守交通规则，那么你可以放心让他们自己在步行道上骑车，或者你也可以教导他们在比较安静的街道上骑车。

记得：

- 在过马路之前，儿童应该使用‘停，看，听，想’的方法
- 在儿童骑车出去之前，家长再 把这里强调的注意事项跟他们讲一下
- 跟学校确认，是否有给孩子们提供的骑自行车的培训课程

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it's the law and it helps keep your child safe.

 / **CONNECT** warnambool

