**THE RIGHT KIT TO TICK THE STAY SAFE LIST**

**HELMET**
- approved and correctly fitted

**SUNGLASSES**
- bright or light-coloured by day; reflective by night

**CLOTHING**
- in reach and working

**BELL OR HORN**
- in reach and working

**SUNBLOCK**
- fully inflated with good tread

**BE SEEN**
- at night or in foggy/rainy weather, display a white light (steady or flashing) on the front of your bike and a red light (steady or flashing) on the rear. Both must be visible for at least 200 metres.
- at all times, display a red reflector on the rear of your bike that is visible for at least 50 metres.

**RIDING ON THE FOOTPATH**

Cyclists can only ride on footpaths if it is signed accordingly. Otherwise, only children under the age of 12 years – and an adult supervisor – can ride on a footpath.

**SHARING WITH PEDESTRIANS**

- keep to the left
- be aware and anticipate the next move of all road users
- make eye contact with drivers and pedestrians, especially at intersections
- use your bell or horn to warn others
- take care around children, older people and dogs as they can be unpredictable in their movements
- at roundabouts you can turn right from the left-hand lane but at every exit you must give way to any vehicle exiting left
- at roundabouts you can turn right from the left-hand lane but at every exit you must give way to any vehicle exiting left
- if riding two abreast, stay within 1.5 metres of each other
- ride at a speed that allows you to stop quickly

**THE BENEFITS OF CYCLING**

- Improve your health – cycling increases your fitness, health and general well-being. Regular cycling can decrease your chances of suffering a heart attack, stroke, diabetes and some forms of cancer.
- Have fun – you can ride with friends and family and access scenery not accessible in a car. You have the freedom to go where you want, when you want.
- Save money – cycling is cheaper than driving a car because you don’t have to pay for fuel, registration, car maintenance or parking fees.
- Save the planet – riding your bike instead of driving a car will reduce your carbon footprint and create less noise and air pollution.
- Save time – cycling often is quicker than using a car, especially for short trips. You can ride door to door and save time by not having to find a parking space.

**EVENTS WORTH RIDING TO**

Tweed Shire Council and Destination Tweed are great resources for finding out what’s on. Whether it’s a regular market or special event, you’ll find the details at tweed.nsw.gov.au or destinationtweed.com.au

**SHARING WITH CARS**

- know and obey the road rules
- be aware and anticipate the next move of all road users
- make eye contact with drivers and pedestrians, especially at intersections
- use clear hand signs to signal your intent when turning left or right
- if riding two abreast, stay within 1.5 metres of each other
- cyclists over the age of 18 will have to carry photo ID from 2017.