



„Safe Cycling“ Checklist

1. Skills

For independent road traffic participation with a bicycle, many skills are needed that go beyond the motor skills of handling a bicycle and must (partly) be applied simultaneously.

- Your child can look over your shoulder to the rear without swerving with the bike.
- Your child can brake effectively and according to the situation.
- Your child is not only preoccupied with him/herself and the bicycle, but also observes the traffic situation attentively.
- Your child fits into traffic correctly and without problems (e.g. turning left, roundabouts).

2. Correct setting

Make sure that

- the bicycle is appropriate for the child's size. When sitting on the saddle, the child's heel must reach the pedal with the leg stretched out (not fully extended).
- the gears are correctly adjusted.

Correct fit of the bicycle helmet

- Choose a helmet that fits well and does not restrict hearing or vision.

3. Compulsory cycling equipment



1. brakes for front and rear wheel
2. lights (non-flashing), white at the front and red at the rear
3. tyres in good condition (tread in good condition and pressure as indicated on the tyres)
4. reflectors, white at the front and red at the rear
5. yellow reflectors at the front and rear of the pedals

With your signature you confirm that you accept the responsibility that your child has the above mentioned skills and that the compulsory equipment and settings are in order.

Signature of parents: _____