

Bicycle Network Mandatory Helmet Review

Opinion of Sue Abbott, Blogger [Freedom Cyclist Blog]

1. *Do you believe it should be mandatory to wear a helmet when riding a bicycle? (If you believe it should be mandatory at some times but not others please describe when.)*

No

2. *What's your reasons for your answer to question one?*

- **Helmet compulsion has caused the focus of the safety debate to be lost.**
- **Wearing a helmet is not one of the most likely strategies to protect cyclists**
- **No randomised control trials have been conducted and no class one evidence has been gathered showing widely proclaimed effectiveness for cycling protection**
- **Perceived benefits of helmet wearing very subjective**
- **Good evidence we should revoke mandatory helmet regulation**
- **Helmet regulation not evidence-based policy**
- **Helmet regulation is policy placebo - and remember the placebo effect is not magic**

3. *Do you provide consent for your opinion to be made public?*

Yes ✓

4. *If no, are you happy if we say you provided an opinion but didn't want it made publicly available?*

Yes No

Signed: Sue Abbott

Date: 11/10/2017

Please send completed form to craigr@bicyclenetwork.com.au before 5pm, Friday 13 October, 2017.

Making bike riding easy for everyone

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