

# Where to Ride?

## FOOTPATHS AND SHARED PATHS

Children under 12 years and an accompanying adult can ride on all standard footpaths.

Shared paths are typically wider paths that are shared by bike riders and pedestrians. They can be found in most local neighbourhoods and often provide a scenic route along a river or through a park.

Contact your local council for a map of your local shared path network.

### 🚲 Be alert on paths

Teach children to look for and how to respond to:

- Other path users.
- Dogs or other animals.
- Driveways, laneways or other crossings.
- Path obstacles, such as pot-holes, change of surface, sharp or blind corners.
- Steep hills.

### 🚲 Path etiquette

- Keep to the left on the path.
- Let others know you are approaching by ringing your bell or calling out.
- Don't ride too fast or act unexpectedly.
- Give way to pedestrians.
- Obey signs.
- Ride side-by-side only when path is wide enough to give way to oncoming bikes and pedestrians.

### 🚲 When crossing roads

- Stop, dismount and walk your bikes across the road.

### 🚲 When passing driveways

- Children need to learn to be aware of reversing cars.
- Remind them to watch out at each driveway and stop out of the way of reversing cars.
- Children's peripheral vision is not fully developed until around the age of 10, so it's important to encourage them to turn their head to look at driveways.



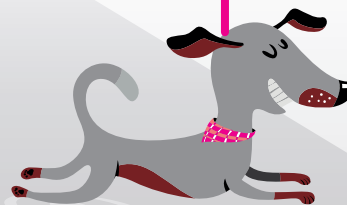
Riding to school builds independence.

Turn your head when passing driveways.

When on roads, adults should ride behind in protective position.

Ride side by side when path is wide enough.

Be alert and watch out for obstacles.



# Where to Ride?

## ON THE ROAD

- Start teaching usually somewhere between eight and 12 years, depending on the child.
- Once your child can demonstrate good bike control and behave safely, you can start teaching road riding.
- Start on quiet local roads. As your child's skill and confidence increases over time, slowly venture onto roads with more traffic.
- When riding on roads, adults should ride behind children, in a protective position slightly further out from the kerb than the child.
- If you don't feel confident about your own ability riding on the road, you can ask a friend to help out, or you can brush up your skills (see page 16 for more details on how Bicycle Network can help).
- If you are unsure of relevant road rules visit [bicyclenetwork.com.au/tips-resources/road-rules](https://bicyclenetwork.com.au/tips-resources/road-rules).
- Due to cognitive development, children should not ride on the road unaccompanied by an adult until around the age of 10 years.

## RIDING TO SCHOOL

- Riding to school helps children progressively learn independence, helps with confidence and improves their health and social connectivity.
- Test different routes to school with your child until you are comfortable for them to ride independently the whole way, or part way to school.
- Establish the preferred route to school with your child by riding with them for a week.
- The Ride2School program can help your school get more active. See [Ride2school.com.au](https://ride2school.com.au) for more details on how we can help your school.