



n Your Bike!

Thanks for helping Nottingham become a more eco-friendly city.

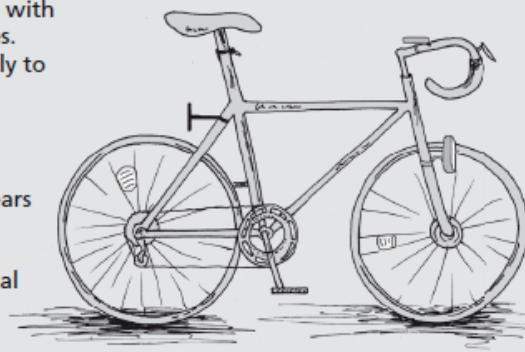
It really is pleasing to see so many of you jumping on your bikes and cycling to and from school everyday. However, last year sixteen of your fellow schoolmates were seriously injured on our crowded roads and sadly three others didn't make it home at all.

So before you set off on your next journey, please take a moment to read this important safety information and help us make Nottingham a cleaner, greener, safer place to live.

Firstly, check your bike over to make sure it's roadworthy:

- Tyres need enough tread to grip the road well. If they can't, then you are more likely to skid in treacherous weather, with obvious consequences. You're also more likely to suffer a puncture.

- A bell is an optional extra, but many people choose to have one in order to alert pedestrians of their approach.



- Muddy chains and gears ought to be cleaned regularly. An old toothbrush is the ideal tool for this job.

- Lights must be attached to both the front and rear of your bike, whilst reflectors need fastening securely to each wheel. Remember... "Keep 'em clean or they won't be seen!"

- Making sure your brakes are in tip-top condition is essential. This will ensure you stop quickly in an emergency. Look out for worn out brake pads and loose brake cables.

Now that your bike is ready, how about you?

Remember, a bike can be replaced. You, on the other hand, cannot!

Helmets are an essential part of any cyclist's kit. They are not a luxury! According to government research, helmets reduce the severity of head injuries by 85%, so invest in one. Make sure it sits squarely on your head just above the eyebrows. And if for some reason it gets knocked, replace it!

An easy and effective way of increasing your visibility is to wear some kind of fluorescent clothing. Together with reflective strips, this will help other road users notice you on gloomy days and darker nights.

For further information and details concerning opportunities to access our cycling proficiency programme, please contact your local sports centre or visit us at www.nottingham.gov.uk

**Have fun, stay healthy,
keep safe!**

