

# Time for Road Safety



**Lincolnshire  
Road  
Safety  
Partnership**

## The newsletter from the LRSP Education Team

### **Term 5 Primary parents update Fun on two wheels**

We all want everyone to stay as safe as possible while riding a bike or scooter.

Lincolnshire Road Safety Partnership always encourages people to wear a helmet for all bike or scooter journeys. Helmets can make a huge difference to the severity of an injury from a blow to the head.



### **Cycle safety**

The road safety charity [Brake](#) has some great tips on cycle and road safety for all the family.

If you haven't used your bike for a few months it is worth doing some checks before you first take it for a spin. [Sustrans](#) has some useful advice on checking and maintaining your bike. There are also many local businesses that will service your bike ready for warmer weather riding.

Cycling shops, sports shops and outdoor activity stores stock a large range of helmets. They come in different sizes, shapes and designs and there will be a helmet to suit and fit everyone. We would not recommend wearing second hand helmets; any visible or invisible damage will vastly reduce the protection they provide.

### **Family rides**

[Cycling UK](#) has lots of useful information on cycling as a family including great places to ride as well as good tips and cycling advice.

### **Bikeability**

Bikeability is the government's accredited cycling programme, which develops this important life skill for year 5 or 6 pupils. It includes the practical skills for cycling on the road as children become more independent. Throughout the pandemic many primary schools have had to cancel their booked Bikeability programmes.

Ask your school if they already offer Bikeability, or would consider arranging to have this training at the school.

[Bikeability](#) has some fun activities for children to do at home to help develop their love of cycling.

Lincolnshire Road Safety Partnership Education team can be contacted on 01522 805800.

**Look out for the next newsletter in term 6**