

Keeping Tamariki Safe Bike and Helmet

Helmet Fit: 2-4-1 Check



2

2 fingers above
the eyebrow



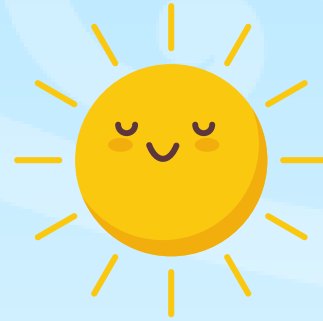
4

4 fingers to
make a V-shape



1

1 finger under
chin strap



The ūpoko is
precious, always
wear a helmet.

Together as a kāinga,
we can teach tamariki
to ride safely.



Hiv-vis vest or bright
shirts can help you
be seen by drivers.



Keeping Tamariki Safe

Bike and Helmet



Riding Safety

- **Under 10? Ride with an adult**

Tamariki under 10 should avoid riding on roads unless supervised.

- **Reflectors & lights are a must**

Legally, bikes need reflectors and working front and rear lights in the dark.

- **Dress for safety**

1. Avoid long or loose clothing that could catch in chains or wheels.
2. Use closed-toe shoes and avoid untied laces.
3. Bright or reflective clothing is ideal.

- **Ride in safe areas**

Practice in safe areas first before letting tamariki ride to school

- **Lead by example**

Tamariki learn by example, if you ride safely, they will too.

Helmet Safety

- **Wear** a standards-approved cycle helmet on every ride, even at home.
- **2-4-1 Check:**
 - 2** fingers should fit between your helmet and eyebrows.
 - 4** fingers should form V's along the straps either side of your ears.
 - 1** finger should fit between the buckle and your chin.

Equipment Safety

Do the ABCD Bike Check

- A – Air: Check tyres are pumped
- B – Brakes: Test both brakes
- C – Controls: Check chain, pedals, handlebars
- D – Drop Test: Lift and gently drop the bike – listen for loose or damaged parts

