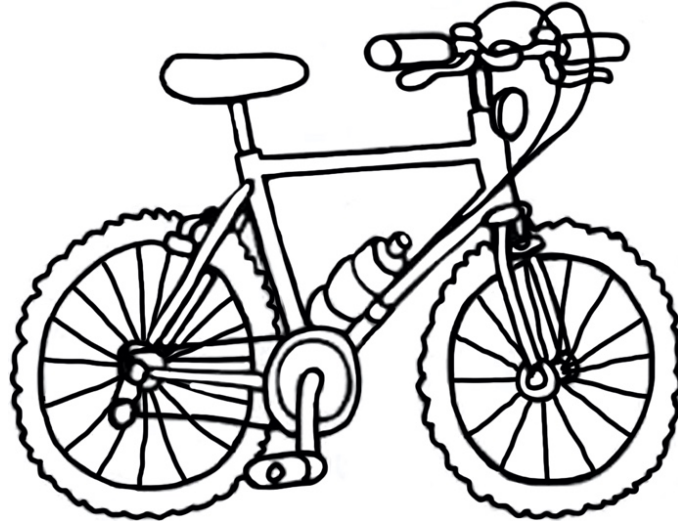


Information Sheet



Riding your bike

Take part in cycling proficiency courses and road awareness training to learn how to ride your bike safely.

Many local authorities are creating more cycle lanes in towns and cities.

Check out traffic-free routes in your local area.

It can be safer and more fun to cycle in a group with friends or family members.

Join a cycling club for people with learning disabilities. They can plan the best and safest routes.

Looking after your bike

Regularly maintain your bike – always check the tyres are pumped up and brakes are working before riding your bike.

Look out for any cycle maintenance events or courses in your area. These might be free.

Bike equipment

Always wear a cycle helmet when riding your bike.

Make sure you have front and rear lights on your bike if you are cycling in the dark.

Adaptive bikes and accessories are available for people who find it difficult to ride a normal bike.

Keeping your bike safe

Keep your bike secure when you leave it outside by locking it up with a good quality lock.

You can register your bike with the national cycle marking & registration scheme:

<https://www.bikeregister.com/>

There are also local registration schemes run by local authorities and police forces.