



Information for parents and carers about
safety on wheels

The law and safety advice for bicycles,
foot scooters, skateboards and rollerblades

What the law says

BICYCLES

Bicycle riders, just as other road users, must comply with all NSW road rules. For more information about cycling laws, visit: roadsafety.transport.nsw.gov.au

Helmets

All riders and passengers on bicycles must wear an Australian and New Zealand Standards (AS/NZS 2063) approved helmet that is securely fitted and fastened on the rider's head.

Riding on the footpath or shared path

Unless there are signs that specifically prohibit them, bicycles may be ridden on the footpath by:

- Children under the age of 16
- Adults supervising a child under the age of 16
- Children 16 years and older with an adult accompanying another child under the age of 16.

All bicycle riders may ride on a shared path.

When riding on a footpath or shared path, riders must keep left, overtake on the right and give way to pedestrians.

Riding on the road

When riding on the road, bicycle riders should keep to the left, as traffic does, and use a marked bicycle lane wherever possible.

Bicycles must be fitted with a working brake and a bell or horn, and if used at night the bicycle must display a white light on the front and a red light and red reflector on the rear.

Bicycles can be fitted with power assistance up to 200W. A vehicle with more power than that has to comply with appropriate registration requirements.

FOOT SCOOTERS, SKATEBOARDS AND ROLLERBLADES

Foot scooters, skateboards and rollerblades may be ridden on footpaths unless there are signs that specifically prohibit them. However, riders must keep to the left and give way to other pedestrians.

Powered foot scooters cannot be registered and therefore can only be used on private land.

On separated bicycle and pedestrian paths, foot scooter, skateboard and rollerblade riders must use the section designated for bicycles, but must keep out of the path of any bicycle.

Foot scooters, skateboards and rollerblades can be used on the road only during daylight hours. They cannot be used on roads with a dividing line or median strip, a speed limit greater than 50km/h, or a one-way road with more than one marked lane. When travelling on a road, foot scooter, skateboard and rollerblade riders must keep as far left as practicable.

Safety advice

Make sure the helmet fits correctly. Check the helmet regularly for damage. It is best to replace a helmet that has been involved in a crash, dropped on a hard surface, has cracked foam, or frayed or worn straps.

Riders must make sure to take care around pedestrians. Parents and carers may need to actively guide and supervise children to ensure that they do not endanger other people. They may need to slow down or dismount in busy areas.

Young children may need to be actively supervised up until they are 10 years old. Children aged under 10 should ride in a safe place off the road and away from vehicles and driveways. Children aged under 16 years old should avoid riding on busy roads. A bright helmet and bright clothing and equipment such as a flag and reflectors help keep young riders safe by making them more visible to other road users.

In the interests of safety and enjoyment, foot scooters, skateboards and rollerblades are best ridden in recreational areas designated for their use.

Foot scooter, skateboard and rollerblade riders should wear a helmet and protective gear such as knee pads and elbow pads. While permissible by law, riding foot scooters, skateboards and rollerblades on the road is not recommended for safety reasons.



Always wear a helmet when you ride or skate

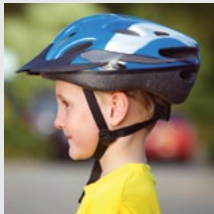
All bicycle riders are required by law to wear an approved helmet that is securely fitted and fastened. Make sure the helmet fits correctly. Check the helmet regularly for damage. It is best to replace a helmet that has been involved in a crash, dropped on a hard surface, has cracked foam, or frayed or worn straps.



Can you place just two fingers between your eyebrows and your helmet?



Can you fit just two fingers between the helmet strap and your chin?



Do the straps join in a 'V' just below your ears?



Has an adult checked your helmet?

For more information on keeping your child safe on wheels visit the parents section on [safetytown.com.au/parents](https://www.safetytown.com.au/parents)

The information in this brochure is intended as a guide only and is subject to change at any time without notice. It does not replace the relevant legislation, nor should it be regarded as legal advice.

Transport for NSW

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