

in partnership with



# Nottinghamshire County Council

Most of us are spending a lot of time at home. For those of us who have bikes or scooters, this might be a good time to make sure that they are in good condition and Ready to Ride

Hopefully we'll be able to ride them a little more soon. Perhaps we are taking them out now, but keeping at a safe distance from other people?

**Why not write a story about a bike ride with your family. It could be a real story or you can make some bits up.**

**Tell us what was good about the ride. Was it a nice sunny day? Were you somewhere nice and were there lots of things to see? Birds or animals perhaps.**

**Then tell us about what other cyclists were doing. Describe three good things, that helped them to be safe.**

**Next, describe three bad things that they shouldn't have been doing.**

**If you would like to share your story with us, ask a grown up to send it to the Road Safety Team at:**

[roadsafety@viaem.co.uk](mailto:roadsafety@viaem.co.uk)

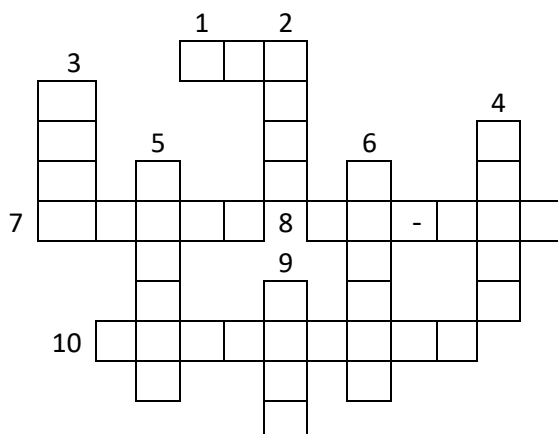
Can you find the hidden words below? They are all something that we should check on our bikes. Here are some clues:

1. We can make a noise with this to let people know we are there.
2. We put this on the chain to stop it getting rusty.
3. We need to make sure they are not damaged or flat as they make contact with the road.
4. They help us see the road ahead and help drivers see us.
5. What do we put in number 3?

Z	B	K	F	S	A	D	P
F	E	A	S	Y	I	N	G
Y	L	S	T	Y	R	E	S
Q	L	S	Y	N	F	W	N
O	W	K	N	X	Z	R	S
I	U	S	N	Q	T	N	F
L	I	G	H	T	S	P	B

Shall we agree a time with our grow ups, to check these things on our bikes?

**Crossword Time. Can you use the clues below to fill in the crossword on the left? Grown-ups can help!**



#### Across

- 1 If we got lost on a long journey (and didn't have Sat-Nav) we'd be glad to have a ... (3)
- 7 The bit of the tyre that helps us not to slip or skid on the road (5)
- 8 Bright clothing that will help get us seen (2-3)
- 10 This lights up when car headlights shine on it (9)

#### Down

- 2 If the tyre looks flat, use this (4)
- 3 If it gets cold, or rains, let's put this on (4)
- 4 We might get hot and thirsty on a long ride, so it's good to take a ... (5)
- 5 Something to protect your head (6)
- 6 We should turn these on if it gets dark (6)
- 9 If there are people walking in front of you, you might ring this to let them know you are there (4)

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If you like drawing, you might want to have a go at this dot to dot picture.

We've also added a picture of Spike on his bike. Would you like to draw a picture of somebody on their bike? You can copy Spike, or make up your own. You can use a separate piece of paper.

We do like cyclist to wear bright colours so that people driving cars can see them. We also like to see a helmet, and lights on the bikes.

