

Time for Road Safety



**Lincolnshire
Road
Safety
Partnership**

The newsletter from the LRSP Education Team

Term 6 – Secondary parents update

Our way of life has changed significantly since our last update, but collisions continue to happen with people getting hurt on the roads.

With lockdown rules easing, young people may go out more. The government reminds us of the actions necessary to avoid contracting Coronavirus, but it is easy to forget the importance of road safety.

Bikes and Cycling

The official GB road casualty statistics in 2018 show that at least 11 cyclists were killed or seriously injured every day. Many of these will have been head injuries.

One study claims that bicycle helmets can reduce head injury risk by up to 69% (Olivier and Creighton 2016). In the event of a collision, a helmet will absorb some of the impact to the head.

To find out more about how a head injury can change a teenager's life click [here](#) to learn about Ryan Smith from Lincolnshire. This real story can be shared with young people to help them to appreciate what can really happen.

There are many on-trend headgear manufacturers around. Some have transitioned from motorsport or ski head protection and include enhanced safety features such as Multi-directional Impact Protection Systems (MIPS).

If your bike hasn't been out in a while Sustrans offer some useful advice on checking and maintaining your wheels [here](#).

Wiggle, Halfords, Evans Cycles and Tredz have websites to find the latest cycling gear and accessories to match your wheels, as well as independent shops.



Outdoor exercise

The coronavirus lockdown has led to inactivity amongst large proportions of society, including young people. With lockdown rules loosened, we can exercise outside more and benefits include:

- Help with weight loss and reducing the risk of heart, cardiovascular and other diseases.
- Better focus and more energy for other tasks.
- Improved mental wellbeing.
- It's a good way of socialising or competing with new or existing friends.

For other benefits of getting outdoors see Sustrans [here](#).

Sometimes our safety concerns can prevent us from allowing young people to go out independently. The benefits of young people being active far outweigh the negatives, as long as we discuss safety issues with them.

Top five to stay Alive

Some of the ways that young people can stay safe on two wheels.

- Never ride on bike handlebars, especially near a road.
- When riding on the road, always ride on the correct side (left) with other traffic.
- Never ride on the road with more than two bikes side by side.
- Always obey traffic lights and signals. They are there for all road users.
- Always wear a correctly fitted helmet.