



BE SAFE, BE SEEN, ...SOONER



SAFETY INFORMATION:

Wear this reflective band on your lower right leg.

Parents/guardians: ensure appropriate use by children.

Legal requirements for cycle reflectors: www.nzta.govt.nz/roadcode/code-for-cycling/equipment/

Biomotion

Wear this reflective ankle band on your lower right leg. It helps other people see you, sooner.

KIA HAUMARU

BE SAFE

KIA KITEA

BE SEEN

Stay bright when you're out at night!

When you ride at night or if visibility is poor:

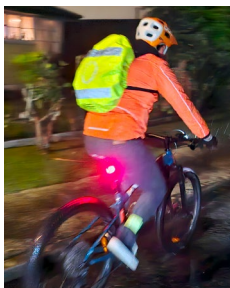
Wear something reflective, light or bright.

- ☑ Choose a bright or reflective helmet and clothing. Add a reflective backpack cover to keep your gear dry.
- ☑ Use your movement to help you be seen sooner.
By law you must use pedals with reflectors and/or wear a reflective ankle band. Ankle bands also keep loose clothing away from the chain.

Use white front and red back lights – two of each is good.

- ☑ Lights must be visible from 200m. Only one light in each direction can flash. Don't dazzle others – point your front light down a bit.

Bikes must have a red rear reflector at all times.



Ride to the conditions – see and be seen.

To learn more about staying safe on the road, visit:

pedalready.org.nz

www.gw.govt.nz/safe-seen-secure