

## **Les Landes Cycling Crocodile**

### **Code of Conduct for children**



#### **Before you ride**

- You must wear a helmet and it must be done up
- Your bike must have a bell
- Your bike must be fully operational with two brakes
- You must wear your Crocodile high vis vest and it must be done up
- Wear suitable clothing for the weather, including trainers and a waterproof jacket

#### **During the ride**

- Stay seated on your saddle
- Both feet on the pedals at all times
- No sharp braking or deliberate skidding
- One wheel distance from the wheel in front
- Arms length from both the kerb and from your partner
- Both hands on the handlebars unless indicating
- Move at the pace of the slowest rider
- No overtaking
- Face the front
- Follow the instruction of the crocodile leaders: single out / double up / stopping or something in the road

#### **After the ride**

- Park your bike safely in the bike rack
- Keep your high vis in your bag

If you do not follow the Code of Conduct it may mean you are not safe to join the Crocodile.

If you need more practice, we might ask an adult to join you for a few rides.