



## Bikes, skateboards and scooter safety

KEEPING OUR TAMARIKI SAFE ON WHEELS WITH AMITUANA'I  
SCOTT TULUA

# Contents

**1** Introduction

**2** Who we are

**3** About Amituana'i Scott Tulua

**4** Key messages

**5** Key messages continued

**6** Key messages continued

**7** First aid

**8** CPR instructions

**9** Campaign digital resources

**10** Community resources

**11** Community resources - Whare Kahikā

**12** Research and policy

**13** Links to further information





# Nau mai, haere mai, mauri, afio mai, susū mai, welcome.

There are so many great reasons to cycle, skateboard and scooter. It's a great way for tamariki to get outdoors and to exercise. It's also great for learning about inclusion, developing agility, endurance, perseverance and confidence. These are all important aspects to develop in our children's lives.

Cycling, skateboarding and scootering also, however, come with risks. The most common causes of injury for scooter riders and skateboarders are generally wounds, broken bones, concussions and head injuries. Over 300 tamariki are hospitalised for cycle-related injuries per year.

This toolkit is designed for anyone who engages with whānau. It brings together a range of resources to help protect our tamariki from injury.

## **This toolkit includes:**

- Key safety and first aid messages for whānau
- Video resources and social tiles from our campaign to share
- Child falls prevention resources, research and policy
- Links to information from other organisations

# Who we are

## Safekids Aotearoa

**"Ko te tamaiti te pūtake o te ao."**

The child is at the heart of all that we do.

Our mission is to reduce the incidence and severity of unintentional injuries to children aged 0 to 14 years. Our vision is that every child in Aotearoa New Zealand enjoys a childhood free from traumatic, unintentional injury.

## About Our Tamariki Injury Prevention Campaign

This campaign is centered around bike safety through pūrākau (whānau story). In this campaign we share a video from Amituana'i Scott Tulua who shares about how his childhood experiences inspired him to start a community initiative that helps to provide access to both bikes and bike safety education to those who otherwise might not be able to afford it. We also provide tips and resources to help support you to keep tamariki safe when riding anything with wheels, as well as important first aid information. It is our mission to protect our tamariki from unintentional scooter, bike and skateboard injuries in Aotearoa.





# Amituana'i Scott Tulua

Amituana'i Scott Tulua, father of seven, is transforming his community through gifting donated bikes to schools and children who otherwise wouldn't be able to afford them. The donated bikes are also fixed by himself in his workshop.

He has been serving his community for twenty one years and works out of his bike shop 'S double S - Serving South Side' to help families in South Auckland get out and ride bikes. His service gives away a minimum of five bikes each week to local schools. He also carries out educational programmes in local primary and intermediate schools teaching children basic repair skills and how to be safe on their bikes. The programme covers everything from putting helmets on correctly to repairing flat tyres and brake cords. At the end of each school programme every child who participates in the class is given a bike so they can practise the skills they've learnt.

Amituana'i Scott believes that the safest way for children to learn and ride is with their parents and aiga. He states that parents should role-model safe riding to children and can ride ahead; ensuring it is safe for children to follow. Amituana'i Scott actively promotes the use of helmets despite some children thinking it doesn't look cool. He combats this by conducting workshops where children can decorate their helmet and explains the benefits of wearing one while riding.

# Key messages



The ūpoko is precious and we want to do everything we can to protect it. So teach tamariki to wear a properly fitted helmet when riding a bike. It reduces the risk of a serious brain injury by 74%.

Wrist guards, knee and elbow pads are great additions when using scooters and skateboards as they protect those areas most likely to be injured by a fall.

If your child needs to use the road when biking, it's a good idea to make sure they know how to make the correct hand signals and keep straight without weaving in and out. It's also important that our tamariki can be seen easily by other vehicles on the road, so encourage them to use both reflective clothing and reflective lights on their bikes.



# Key messages



When it comes to wearing a helmet - teach tamariki the 2-4-1

2: The helmet should sit no more than two fingers above the eyebrow

4: The straps should be adjusted under the ears to form 2 'Vs'

1: Only 1 finger should fit over the chin strap.



To keep our tamariki safe, use scooters, bikes and skateboards in allocated areas such as; bike tracks, paths, and shared pathways. Be sure to look out for pedestrians around you.

Our tamaiti look up to their parents and older family members. Setting a good example for how to ride bikes safely will best set them up to ride by themselves. It's important to be seen, plan your route and wear a helmet and reflective gear when riding bikes.





# Key messages

Below is a visual depiction of the 2-4-1 rule. This is a great visual demonstration to do for our tamaiti whether you are a teacher, instructor, caregiver or parent.

2



2: The helmet should sit no more than two fingers above the eyebrow

4



4: The straps should be adjusted under the ears to form 2 'Vs'

1



1: Only 1 finger should fit over the chin strap

# First aid



If your child has had a fall they may have a bone fracture or a serious head injury. If they are in pain or for any of the following reasons, call 111 immediately. Do this if your child:

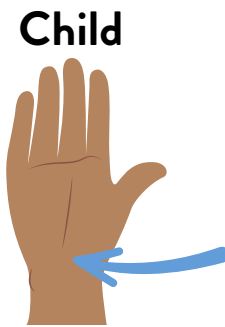
- is, or has been, unconscious (can't be woken up)
- is being sick or seems sleepy
- has trouble breathing
- bleeding and you can't stop the bleeding
- there is bleeding from an ear

If your child is injured you can find out more about ACC support at [www.acc.co.nz/im-injured](http://www.acc.co.nz/im-injured). ACC Claims: 0800 101 996 or email [claims@acc.co.nz](mailto:claims@acc.co.nz).

For detailed references on the data and information contained in this card and to download additional copies visit <https://starship.org.nz/safekids/reference-cards>

# CPR instructions

The CPR advice is from the KidsHealth website and the Basic Life Support Flow Chart. The Basic Life Support Flow Chart is developed by the New Zealand Resuscitation Council and Australian Resuscitation Council. For more information see [www.nrc.org.nz](http://www.nrc.org.nz).



30 : 2



- Put the child on a firm surface.
- Place 2 fingers of one hand (for a baby) or the heel of one hand (for a child) in the centre of the chest just below the nipples.
- Push down hard and fast (compression) 30 times in about 15 seconds (push down one-third of chest depth).
- Once you have completed 30 compressions (pushes) on the chest, breathe into the baby's mouth 2 times.
- Seal your lips around the baby's mouth and nose.
- For a child over 1, you may need to breathe into their mouth and pinch their nose closed. Gently puff into the child until you see their chest rise.
- Continue with the cycle of 30 chest compressions and 2 breaths until the ambulance arrives.



# Campaign digital resources



## Whānau story with Scott Tulua

We are honoured to share this story from Amituana'i Scott Tulua, who is transforming his community through gifting bikes and providing safety education to schools and children.

[Watch and share on YouTube](#)

[Watch and share on Facebook](#)



Teach children to wear wrist guards,  
knee and elbow pads.



Teach children to stay safe by always wearing a helmet  
when riding. It reduces the risk of a serious brain  
injury by 74%.

## Social Tiles

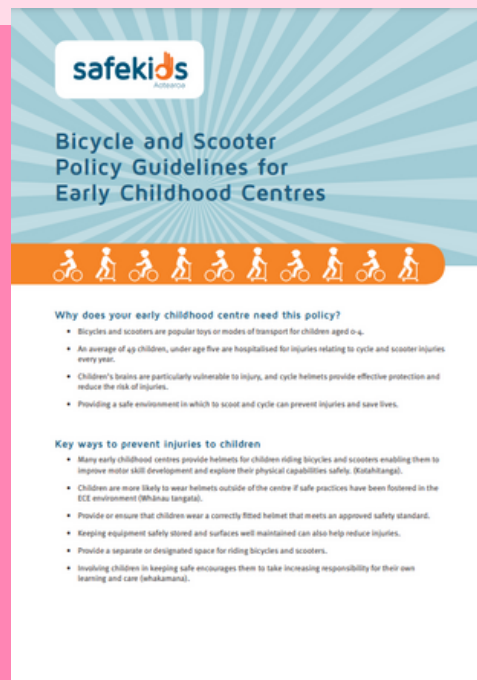
These social tiles include our key messages for keeping tamaiti safe when cycling, skateboarding or scootering.

[Download and share social tiles](#)

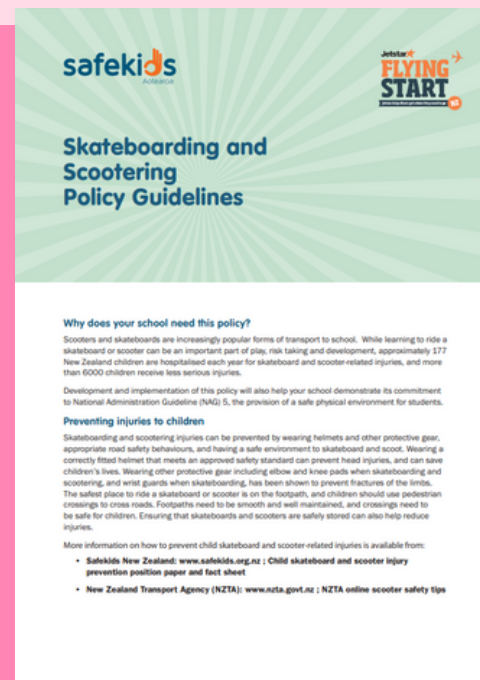
# Community resources

We've created educational resources that you can share with whānau around the motu. Check out some of our bike, skateboard and scooter safety resources here.

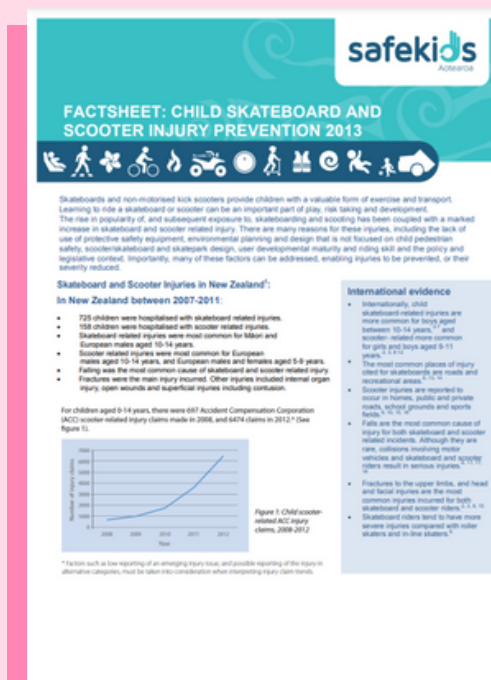
## Bike and Scooter Policy Guidelines for Early Childhood Centre



## Schools Skateboarding and Scooter Policy Guidelines



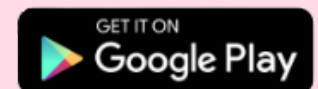
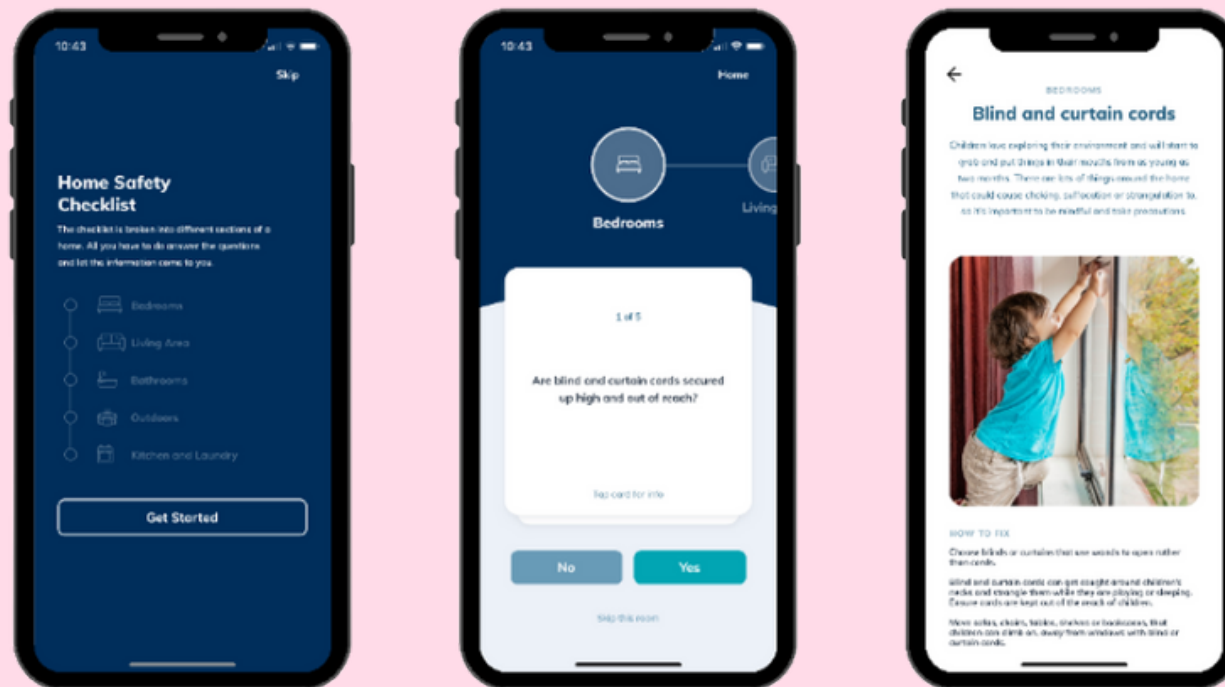
## Child Skateboard and Scooter Injury Prevention



# Community resources - Whare Kahikā

Whare Kahikā is a free home safety app that allows users to identify potential injury risks to tamariki in their homes. The app provides educational information, solutions and links to sellers of safety devices. The app works room by room, providing questions and recommendation lists for improving the safety of each space. The app is offered in Tongan, Samoan, te reo Māori & English.

## Whare Kahikā



Click on the images on the right to download.



# Research and policy

## Perceptions of Cycling to School Among Adolescents By Exposure to Cycle Skills Training in Primary and/or Intermediate School

To assess long-term effects of cycle skills training, this study compared perceptions of cycling to school among 208 adolescents who participated in training in primary and/or intermediate school with 231 non-participants.

## Unravelling the rationalities of childhood cycling promotion

This paper discusses different rationalities of childhood cycling promotion and the representations of 'children' as independent 'cyclists'.

## Effects of a cycling intervention on adolescents cycling skills

This study evaluates the short term effects of bicycle training on adolescents' cycling skills.

## Land Transport (Road User) Rule 2004

This rule establishes the rules under which traffic operates on roads. It applies to all road users, whether they are drivers, riders, passengers, pedestrians, or leading or droving animals.



## Links to further information

### **Riding skateboards, scooters or skates safely** **- Waka Kotahi**

Information and tips on riding skateboards, scooters or skates safely.

### **Skateboard Skills - Teacher Resources** **Waka Kotahi**

An educational pamphlet from NZTA on key safety tips for riding a skateboard. This resource is suitable for teachers, educators and those who work with tamaiti.

### **Scooter Safety Tips - Waka Kotahi**

Information and resources can be found here on how tamariki, whānau and teachers can learn to travel safely by scooter.

### **Auckland Transport Bike Safe Training**

Information on AT's Bike Safe training can be found here. A programme for years 5 and 6 is available along with safety training for intermediate and secondary schools.

### **Pedal Ready - Cycling Resources**

This partnership organisation between Greater Wellington Regional Council and Waka Kotahi provides useful cycling resources and safety tips.