Our Ring Me If Plan

What we do when a ride goes wrong.

Fill this in with your teen. It takes about 10 minutes. You write it, they agree to it, and you both keep a copy. Print it and keep the filled-in plan with your family.

The deal: If anything goes wrong, ring me. You won't be in trouble for ringing.

My side: Phone on, and I'll come. No lecture on the spot. We'll talk it through once we're home.

1 Who you ring

Who do you ring, and in what order?

First: _____

Then: _____

A trusted adult: _____

One number you know by heart: _____

Phone lost or flat? You: _____

> Stuck and nobody's hurt? Ring us. It's not a 000 call.
>
> Feel unsafe where you've stopped? Call 000.
>
> Can't reach us? Try the next name, then the trusted adult.

2 Check-ins

When do you text us?

Text when you: ☐ leave ☐ arrive ☐ _____

If I haven't heard by _____

I'll _____

3 A safe place on your usual ride

Where can you wait for us on your usual ride?

Usual ride: _____

Safe place to wait: _____

4 The bike stops working

Flat battery, puncture or something breaks, and you're not home. What's the plan?

Our plan: _____

> E-bike dies in a traffic lane? Push it somewhere safe.

5 Getting dark, or the weather turns

When do you ring for a lift instead of riding?

Home by: _____

If it's getting dark: _____

If the weather turns: _____

6 You come off

You come off, or a car clips you. What do you do?

> Sore neck or back, hit your head, blacked out, confused or dizzy, or can't feel or move your arms or legs? Stay still and get someone to call 000.
>
> Otherwise get out of traffic, then check yourself over. Leave the bike until everyone's safe. Then ring us.
>
> Not sure how bad it is? Call 000 and follow the operator's instructions.
>
> A car clipped you and kept going, and you're not hurt? Ring us, then report it to police on 131 444.
>
> After a crash, check the battery. Cracked, dented, crushed or other damage, overheating, swelling, leaking or venting gas means stop using it.
>
> Battery smoking? Get away from it and call 000.

Who comes to get you after a crash: _____

For the parent: Picking them up after a small crash? If they hit their head, or later seem drowsy, confused or vomit, call 000.

Agreed on: _____ Rider: _____ Parent: _____

Look at it again next term. Keep one on the fridge and a photo on both your phones.