

## Cycling Safety – Level 1

### English Script

Garda : Hello, I'm Garda Laura.

Ruarc : And I'm Ruarc.

Garda: We're going out cycling today. We'll make sure everything is ready.

Ruarc: Okay Garda Laura

Garda: There are a few things you should check on your bike. Do you know what they are?

Ruarc: Yes, I know, my lights, my reflectors, my brakes and my bell.

Guard: Exactly! Lights, reflectors, brakes and bell. And do you know what you should be wearing?

Ruarc: Yes, bright clothes and my helmet.

Garda: You're right, bright clothes are important but there's one very important item missing, do you know what that is?

Ruarc: My high-visibility vest?

Garda: Exactly! Your high-visibility vest! Even though it's not dark yet you should always wear your high-visibility vest. People will see you when you're cycling  
Great, you're ready. Off we go!

## English Script - Level 2

Garda: Hello, I'm Garda Laura.

Méabh: And I'm Méabh.

Garda: We're going out cycling today but first we have to make sure everything is in order. Is everything ready, Méabh?

Méabh: Yes, Garda Laura. My brakes and bell are working and I also have my helmet on.

Garda: Good! I see that your helmet is a little too big. Can you fix it please?

Méabh: That's better.

Garda: Good, your lights are working and I see you also have reflectors. You're also wearing very appropriate clothing.

Méabh: Yeah, they're nice and bright so other cyclists and drivers can see me.

Garda: That's good, but there is one very important thing that you do not have, do you know what it is?

Méabh: My high visibility vest?

Garda: Correct! Your high visibility vest! Even though it's not dark out yet, you should always wear your high visibility vest when you're out cycling. It doesn't matter what time of day it is. Great, we're ready. Off we go.