

A Bike's Not Just for Christmas. Give A 20mph Limit Too!

A 20's Plenty for Us Briefing Dec 2016

<http://www.20splenty.org/givea20mphlimit>

Many thousands of young people will get a bike this Christmas. Depending on age, a bicycle represents an amazing gift of independent mobility - freedom to roam. But, will they be allowed? What about giving us all 20mph limits so that getting about is safer for all? This power is in the gift of local councillors. Ask your Councillors for 20mph today.

20's Plenty for Us

...making your place a better place to be

Thousands of kids are getting excited about mobility gifts – bikes, push scooters, roller blades, skateboards, wheelie trainers etc. These are fun and crucially, offer the freedom to get active and go faster to their school, friends and play areas. Parents are giving not just a toy, but independent mobility - methods to get places without adults or a car. Healthy gifts to use to get places for their everyday lives cheaply and quickly.

Ideally children will want to use their new wheels as often as possible. But will parents let them out and about? And how regularly, where and with what level of supervision?

Key are perceived levels of road danger - especially by parents, but also by kids. Using traffic free paths will be allowed. But, how close are they to home and how will children reach them? Not all parks allow cycling for instance.

So that vulnerable people can safely use direct routes, what they really need is for politicians to agree lower speeds and drivers to comply i.e. 20mph as the built up area limit for most roads.

It's not the vulnerable that should get out of the way, but us adults who must provide streets that everyone can use. Children under 12 years cannot accurately judge vehicle speeds over 20mph due to underdeveloped vision¹. In Edinburgh, parents doubled permission to play out in 20mph areas and cycling to school trebled.

NICE – the public health body - recommends 20mph limits to protect children against unintended injury². NICE also says 20mph limits combat all age obesity, tackle causes of early death³, promote active travel and cut pollution, provided humps aren't used⁴. 20mph leads to 20% fewer casualties.

Anna Semlyen, 20's Plenty for Us National Campaign Manager - who's 16 year old daughter is pictured - said *"I encourage Rosie to use safe routes. Once she leaves home it's up to her. York's side roads are 20mph. Yet she must also use 30mph routes e.g. bridges. If your place isn't yet 20mph, the best gift that Councillors can give all local children is wide area 20mph. Help us all keep our healthy New Year's resolutions to get fit."*

Wide area 20mph limits are a terrific boost to cycling and active travel for your town for all ages. Ask your Councillors for safer, quieter, less polluting 20mph limits today. A bike's not just for Christmas!



¹ http://www.20splentyforus.org.uk/Press_Releases/The_Speed_Illusion_and_children_crossing_the_road.pdf

² <http://www.nice.org.uk/guidance/index.jsp?action=byID&o=13273>

³ <https://www.nice.org.uk/advice/LGB26/chapter/Introduction>

⁴ <https://www.nice.org.uk/guidance/GID-PHG92/documents/draft-guideline>

20's Plenty For Us campaigns for a 20mph default speed limit in built up areas without physical calming.

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