



AMA SA calls for e-bike age restrictions

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The Australian Medical Association in South Australia (AMA SA) is calling on the State Government to introduce a minimum riding age of 16 for e-bikes, warning current rules are failing to protect children.

AMA SA President A/Prof Peter Subramaniam has written to Transport Minister Joe Szakacs requesting a meeting to discuss urgent reform.

‘E-bikes aren’t toys. They’re faster and more powerful than traditional bikes, and their capacity to cause serious injury is significantly higher,’ A/Prof Subramaniam says.

‘We’re seeing kids on machines they’re not equipped to handle. Too often, the result is avoidable trauma – including serious head injuries, or worse.’

[A 2025 study](#) of more than 700 riders aged 10 to 25 found e-bike users were almost twice as likely to suffer traumatic brain injuries compared with conventional cyclists.

Recognising the risk, Western Australia has already introduced a minimum age of 16 for e-bike use in public, and New South Wales is actively considering similar restrictions.

A/Prof Subramaniam says South Australia must follow suit.

‘The South Australian Government showed national leadership in pushing to restrict social media for under-16s,’ A/Prof Subramaniam says.

‘E-bikes are another clear case where evidence-based age restrictions – however unpopular – will protect young people from harm.’

Chair of AMA SA’s Road Safety Committee, Adelaide GP Dr Monika Moy, acknowledges that e-bikes could offer some health benefits.

‘AMA SA recognises that e-bikes encourage an outdoor lifestyle, but those benefits don’t outweigh the risks for younger children,’ Dr Moy said.

‘Safely manoeuvring an e-bike requires judgement, coordination and risk awareness that younger riders are still developing.

‘Children under 16 should be on traditional bicycles — not high-speed devices that carry a much greater danger of serious injury.’

AMA SA’s calls for increased e-bike regulation go beyond age restrictions alone. The organisation is also asking the Minister to consider additional safeguards, including:

- mandatory product safety standards at point of sale to ensure e-bikes meet existing restrictions on power and speed capacity
- the introduction of roadside speed testing of e-bikes

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- expanded police powers to seize non-compliant e-bikes
- stronger enforcement of helmet laws
- reduced 10 km/h speed limits on walkways and shared paths

'Last year, e-bikes and e-scooters were linked to 15 deaths across Australia,' A/Prof Subramaniam says.

'We need to make sure unsafe bikes aren't being sold, and that risky behaviour is being addressed before it leads to tragedy.'

'This is a growing public safety issue, and AMA SA looks forward to working with Minister Szakacs and the government on practical, evidence-based solutions.'

For interview requests with A/Prof Subramaniam, please contact media manager Ben Terry on 0478 847 604.

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