



Bike safety check



Student Name: _____

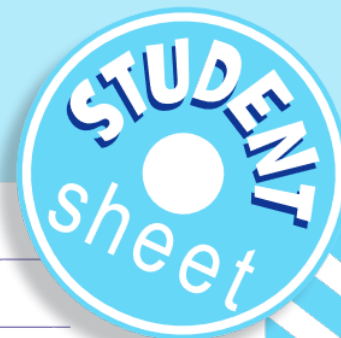
Any repairs or adjustments required need to be completed by: _____

YES	NO		comments on repairs or adjustment required
		1. Frame fit	
		Right size for the rider	
		2. Seat	
		Correctly adjusted	
		Not damaged	
		3. Handlebar	
		Handlebar ends covered	
		Handgrips secure	
		4. Warning device	
		Has working bell or horn	
		5. Headset	
		Headset has no movement	
		6. Brakes	
		Working front brake	
		Working back brake	
		7. Wheels	
		No loose wheel nuts	
		No loose or broken spokes	
		Front wheel spins freely	
		Back wheel spins freely	
		8. Tyres	
		Front correctly inflated and in good condition	
		Back correctly inflated and in good condition	
		9. Pedals	
		Not broken and spinning freely	
		10. Chain	
		Works smoothly without sticking or jumping	
		Not too loose	
		Not dry, rusty or has too much grease	

I have read this *Bike safety check* and made sure that any required repairs or adjustments have been made. I believe my child's bicycle is in good working order and give permission for it to be used in the *Bike Ed* program.

Signed by parent/carer: _____ Date: _____

Helmet and riding gear safety check



Student Name: _____

Any repairs or adjustments required need to be completed by: _____

HELMET – A helmet must be replaced if it shows any signs of damage or wear.

YES	NO		COMMENTS
		1. Standard	
		Approved helmet that meets the Australian Standard AS/NZS 2063	
		2. Condition of the outer shell	
		Not damaged or cracked	
		3. Condition of the inner shell	
		Not damaged or cracked	
		4. Straps and fasteners	
		Straps not torn or frayed and clips and buckles not broken	
		Fastens firmly under chin	
		5. Fit	
		Correct size	

Tips on helmet fit

A helmet which is the correct size for the rider should sit down firmly and comfortably on the head without moving from side to side or forwards or backwards. Pony tails may need to be adjusted. Headbands, hairbands, caps and beanies should not be worn. To check, place hands on top of the helmet and try to move it. It should not be possible to tilt the helmet:

- forwards to cover the eyes
- backwards to uncover the forehead
- sideways to uncover the side of the head.

When the helmet is done up it should be squarely positioned on the head. The rim of the helmet should sit on the forehead just above the eyebrows and should not be tilted back to uncover the forehead. The straps should be adjusted so that there is no slack when the buckle is securely fastened under the chin. They should not be twisted and the side straps should form a "V" shape with the point just under the ear lobe.

RIDING GEAR

YES	NO		COMMENTS
		1. Footwear	
		Closed toes and firm, non-slip soles	
		2. Clothing	
		Bright and light coloured – so rider can be easily seen	
		Close fitting so it won't catch and suitable for the weather conditions	

I have read this *Helmet and riding gear safety check* and will make sure my child has a correctly fitting, safe helmet and safe 'visible' riding gear for the *Bike Ed* program.

Signed by parent/carer: _____ Date: _____