



Pennant Hills Public School

Bicycle rider's agreement

I have read the school's *Bicycle safety guidelines* and understand the information provided.

- I have discussed this with my parents or carers.
- I will wear my helmet correctly when riding my bicycle to and from school.
- When using the footpath, I will give way to all pedestrians.
- I need to keep my bicycle well maintained.
- I will bring my bicycle to school at my own risk.
- I will secure my bicycle with a lock and chain to the bicycle rack.
- I understand that the Principal may stop me from bringing my bicycle onto school grounds if I do not follow the rules.

My name is: _____

Signed (student rider): _____

Signed (parent/carer): _____

Date: _____

Please keep the bicycle rider's agreement at home for ready reference.

Pennant Hills Public School

Bicycle rider permission note

I give permission for _____ (child's name) to ride his/her bicycle to and from school.

- I have read and understand the bicycle information provided by the school.
- My child will correctly wear an Australian Standards approved helmet when riding a bicycle to and from school.
- I have read and explained the bicycle information provided to my child.
- I have reviewed the *Guide to bicycle maintenance* to check my child's bicycle for roadworthiness and understand that it is my responsibility to keep the bicycle well maintained.
- I have reviewed the *Guide to correctly fitting a helmet* and understand that it is my responsibility to ensure my child wears their helmet correctly.
- I understand that bicycles are brought to school at the owner's risk.
- I understand that the Principal is able to stop my child from bringing their bicycle onto school grounds if the rules are broken.

Signed: _____

Print name: _____

Parent/carer: _____

Date: _____

Please return this bicycle rider permission note to the Principal.

Information for parents and carers

A guide to bicycle maintenance: Six point safety check

| Feature | What are you checking for? | Maintained |
|-----------------------|---|---|
| Tyres | <ul style="list-style-type: none">• firm tyres• tread not worn and no canvas showing• no bulges or cuts | <input type="checkbox"/> Yes <input type="checkbox"/> Needs fixing |
| Bell | <ul style="list-style-type: none">• rings clearly and loudly | <input type="checkbox"/> Yes <input type="checkbox"/> Needs fixing |
| Pedals | <ul style="list-style-type: none">• rotates freely when spun• rubber not showing signs of wear | <input type="checkbox"/> Yes <input type="checkbox"/> Needs fixing |
| Lights and reflectors | <ul style="list-style-type: none">• secure, clean and shine brightly | <input type="checkbox"/> Yes <input type="checkbox"/> Needs fixing |
| Brakes | <ul style="list-style-type: none">• blocks not worn down when brakes applied• bike wheel does not rotate when brakes are applied | <input type="checkbox"/> Yes <input type="checkbox"/> Needs fixing |
| Chain | <ul style="list-style-type: none">• does not move more than 2.5cm when lifted• is well oiled | <input type="checkbox"/> Yes <input type="checkbox"/> Needs fixing |
| Size of bike | <ul style="list-style-type: none">• correct size for rider | <input type="checkbox"/> Yes <input type="checkbox"/> Needs fixing |

Source: Adapted from *Move Ahead with Street Sense* stage 3, RTA 1999

What is the right size of bicycle?

The right sized bicycle:

- has controls within reach
- is comfortable for the rider
- has a level seat
- should allow the rider's feet to just touch the ground when the rider is sitting on the seat
- should allow for the arms to be slightly bent as the body leans slightly forward holding the handlebars
- allows the rider to straddle the crossbar with both feet flat on the ground. If not, the bicycle is too big and unsafe. There should be about 3 cm between the bicycle and the rider's crutch for a medium or lightweight road bicycle. For a BMX or mountain bike there should be a 10 cm gap. If there is no crossbar, make the test from where the crossbar would be.

A guide to correctly fitting a helmet

Always wear a helmet when you ride or skate



Can you place just two fingers between your eyebrows and your helmet?



Can you fit just two fingers between the helmet strap and your chin?



Do the straps join in a 'V' just below your ears?



Has an adult checked your helmet?

From the NSW Centre for Road Safety, RTA *Information for parents and carers about safety on wheels* brochure.