

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	 firm tyres tread not worn and no canvas showing no bulges or cuts 	Yes Noods fiving
		Needs fixing
Bell	 rings clearly and loudly 	□ Yes
		Needs fixing
Pedals	rotates freely when spunrubber not showing signs of wear	Yes
		Needs fixing
Lights and reflectors	 secure, clean and shine brightly 	Yes
		Needs fixing
Brakes	 blocks not worn down when brakes applied 	Yes
	 bike wheel does not rotate when brakes are applied 	Needs fixing
Chain	 does not move more than 2.5cm when lifted is well oiled 	□ Yes
		Needs fixing
Size of bike	correct size for rider	Yes
		Needs fixing

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

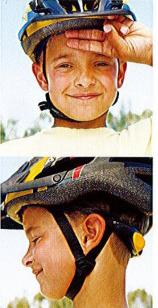
What is the right size of bicycle?

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?



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



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

Has an adult checked your helmet?

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