

MODULE 1: Getting started

This outdoor activity checklist is a prompt only. Reading the *Bike Ed* manual is essential.

Use *Student Sheet: Bike safety check* (page 46) and *Student Sheet: Helmet and riding gear safety check* (page 47)

Checking bicycles

(pages 35-39)

1. Frame fit

- Adequate clearance between crossbar of frame and rider's crotch.
- Distance between handlebar and seat - length of rider's forearm.

2. Seat

- Correct height, sits flat and correctly aligned with top tube.
- No movement from side to side.
- Handbrakes - rider can touch ground with left toes when seated.
- Footbrakes - rider can touch the ground with toes of both feet, at the same time, when seated.

3. Handlebar

- No side or forward/back movement.
- Grips easily reached with arms slightly bent.
- No knee contact with handlebar.
- Ends covered and handgrips secure.

4. Warning device

- Bell/horn works and can be clearly heard.

5. Headset

- No movement between headset and frame when handlebar wiggled forward/backward.

6. Brakes

Handbrakes

- Squeeze front and back levers, try to wheel bicycle forward/backward.
- Wheels should not turn.
- When brakes applied, should be gap between brake levers and handlebar.

Footbrakes

- Position crank backwards and press down on pedal with one hand, try to push bike forward and back.
- The back wheel should not turn.

7. Wheels

- Wheel nuts are not loose and spokes are not loose or broken.
- Wheels spin freely without stopping suddenly or scraping/hitting anything.

8. Tyres

- Squeeze firmly to test inflation.
- Check for worn spots or bulges.
- Valves should be capped and pointing straight to the hub.

9. Pedals

- Both pedals present, not broken, spin freely when tapped sharply.

10. Chain

- Chain works smoothly without sticking or jumping.
- Is not too loose, dry or rusty and is free of excess grease.

11. Lights and reflectors

- Flashing or steady white headlight and red tail light.
- Rear red reflector, required if riding at night.



Helmet

(pages 41-42)

1. Standard

- Bear the Australian Standards Mark™ AS/NZS 2063.

2. Condition of the outer shell

- Complete, in good condition, not cracked or broken.

3. Condition of the inner shell

- Polystyrene foam liner complete, not cracked, no broken or missing pieces.

4. Straps and fasteners

- Straps complete, not torn or frayed.
- Straps fasten firmly and comfortably around chin.
- Clips/buckles fasten properly, no broken or missing pieces.

5. Fit

- Helmet sits down firmly and comfortably on head without moving from side to side or forwards/backwards.
- Rider should be able to see and hear normally.

Footwear and clothing

(page 43)

1. Footwear

- Shoes have non-slip soles and closed toes.

2. Clothing

- Clothes are bright or light coloured to improve visibility.
- Wear appropriate clothing suitable to all weather conditions.