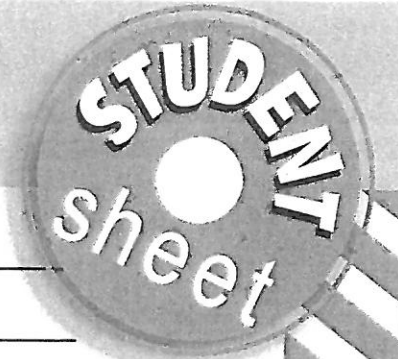


Helmet and riding gear safety check



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	
<input type="checkbox"/>	<input type="checkbox"/>	Approved helmet that meets the Australian Standard AS/NZS 2063	
		2. Condition of the outer shell	
<input type="checkbox"/>	<input type="checkbox"/>	Not damaged or cracked	
		3. Condition of the inner shell	
<input type="checkbox"/>	<input type="checkbox"/>	Not damaged or cracked	
		4. Straps and fasteners	
<input type="checkbox"/>	<input type="checkbox"/>	Straps not torn or frayed and clips and buckles not broken	
<input type="checkbox"/>	<input type="checkbox"/>	Fastens firmly under chin	
		5. Fit	
<input type="checkbox"/>	<input type="checkbox"/>	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. Long hair 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.

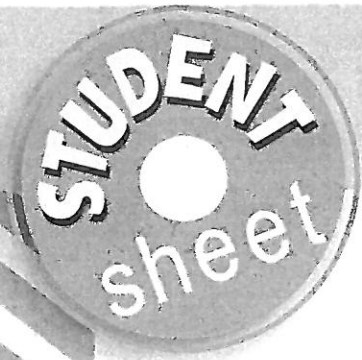
When the helmet is done up it should be squarely positioned on the head. The rim of the helmet should sit on the forehead just above the eyebrows and should not be tilted back to uncover the forehead. The straps should be adjusted so that there is no slack when the buckle is securely fastened under the 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	
<input type="checkbox"/>	<input type="checkbox"/>	Closed toes and firm, non-slip soles	
		2. Clothing	
<input type="checkbox"/>	<input type="checkbox"/>	Bright and light coloured – so rider can be easily seen	
<input type="checkbox"/>	<input type="checkbox"/>	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: _____



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	
<input type="checkbox"/>	<input type="checkbox"/>	Right size for the rider	
		2. Seat	
<input type="checkbox"/>	<input type="checkbox"/>	Correctly adjusted	
<input type="checkbox"/>	<input type="checkbox"/>	Not damaged	
		3. Handlebar	
<input type="checkbox"/>	<input type="checkbox"/>	Handlebar ends covered	
<input type="checkbox"/>	<input type="checkbox"/>	Handgrips secure	
		4. Warning device	
<input type="checkbox"/>	<input type="checkbox"/>	Has working bell or horn	
		5. Headset	
<input type="checkbox"/>	<input type="checkbox"/>	Headset has no movement	
		6. Brakes	
<input type="checkbox"/>	<input type="checkbox"/>	Working front brake	
<input type="checkbox"/>	<input type="checkbox"/>	Working back brake	
		7. Wheels	
<input type="checkbox"/>	<input type="checkbox"/>	No loose wheel nuts	
<input type="checkbox"/>	<input type="checkbox"/>	No loose or broken spokes	
<input type="checkbox"/>	<input type="checkbox"/>	Front wheel spins freely	
<input type="checkbox"/>	<input type="checkbox"/>	Back wheel spins freely	
		8. Tyres	
<input type="checkbox"/>	<input type="checkbox"/>	Front correctly inflated and in good condition	
<input type="checkbox"/>	<input type="checkbox"/>	Back correctly inflated and in good condition	
		9. Pedals	
<input type="checkbox"/>	<input type="checkbox"/>	Not broken and spinning freely	
		10. Chain	
<input type="checkbox"/>	<input type="checkbox"/>	Works smoothly without sticking or jumping	
<input type="checkbox"/>	<input type="checkbox"/>	Not too loose	
<input type="checkbox"/>	<input type="checkbox"/>	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: _____