

Bike safety checklist – BEFORE EVERY RIDE

Here is a sixty second-safety check that should be made every time you hop on your bike

Lock and Key

Take lock and key to secure your bike once you get to school.

Brakes

- Inspect pads for wear; replace if there is less than 6mm of pad left
- Check pad adjustment; make sure they do not rub tire or dive into spokes
- Check brake level travel; at least 2.5cm between bar and lever when applied

Bell

Let people know you're coming! By law all bikes must have a bell.

Tyres

Keep your tires pumped! Pressure rating is marked on the sidewall of the tyre.

Reflectors

All bikes must have reflectors - White at the front and red at the rear.

Clothing

Wear reflective or brightly coloured clothing.

Helmet

Wear a helmet that meets Australian standards. Use reflective tape on front and rear. Make sure your helmet is properly fitted on your head.

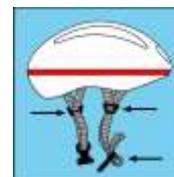
Sunscreen

Remember – Slip on a shirt, Slop on sunscreen and Slap on a hat!

Do you know the correct way to wear a helmet?



Wear the helmet flat atop your head, not tilted back at an angle!



Make sure the helmet fits snugly and doesn't block vision. Chinstrap must be secure and buckle fastened.

