

St Helens Park Public School Rider's agreement

I have read the school's *Bicycle/skateboard/scooter 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 / skateboard / scooter to and from school.
- When using the footpath, I will respect all pedestrians and give way to them.
- I understand that it is a joint responsibility between my parents /carers and myself to keep my bicycle/skateboard/ scooter well maintained.
- I understand that I bring my bicycle / skateboard / scooter to school at my own risk and will secure it in the cricket nets on the oval.
- I understand that Mrs Sessions or Mr Knobel may stop me from bringing my bicycle / skateboard / scooter onto school grounds if I do not follow the rules.

My name is: _____

Signed (student rider): _____

Signed (parent/carer): _____

Date: _____

Please keep the *bicycle/skateboard/scooter rider's agreement* at home for ready reference.



St Helens Park Public School Rider's permission note

I give permission for _____ of class _____ to ride his/her bicycle / skateboard / scooter to and from school.

- I have read and understand the bicycle / skateboard / scooter information provided by the school.
- My child will correctly wear an Australian Standards approved helmet when riding to and from school.
- I have read and explained the bicycle / skateboard / scooter information provided to my child.
- I have reviewed the *Guide to bicycle maintenance* to check my child's bicycle for roadworthiness and I understand that it is my responsibility to keep the bicycle / skateboard / scooter 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 /skateboards /scooters are brought to school at the owner's risk.
- I understand that Mrs Sessions or Mr Knobel is able to stop my child from bringing their bicycle / skateboard / scooter onto school grounds if the rules are broken.

Signed: _____

Print name: _____

Parent/carer: _____

Date: _____

Please return this rider permission note to Mr Knobel Assistant Principal

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.

Information for parents and carers

A guide to foot scooter maintenance

Feature	What are you checking for?	Maintained
Wheels	<ul style="list-style-type: none"> • firm, round wheels • no bulges, cuts or flat spots 	<input type="checkbox"/> Yes <input type="checkbox"/> Needs fixing
Nuts and bolts	<ul style="list-style-type: none"> • tight wheel bolts (scooter will not go faster if wheel bolts are loose. Wheels can fall off.) 	<input type="checkbox"/> Yes <input type="checkbox"/> Needs fixing
Alignment	<ul style="list-style-type: none"> • front wheel is straight and in line with steering column • clamp on steering column is tight • quick release lever is tight 	<input type="checkbox"/> Yes <input type="checkbox"/> Needs fixing
Brakes	<ul style="list-style-type: none"> • brake engages with rear wheel when pressure is applied 	<input type="checkbox"/> Yes <input type="checkbox"/> Needs fixing

A guide to skateboard maintenance

Feature	What are you checking for?	Maintained
Wheels	<ul style="list-style-type: none"> • firm, round wheels with even wear • no bulges, cuts or flat spots 	<input type="checkbox"/> Yes <input type="checkbox"/> Needs fixing
Nuts and bolts	<ul style="list-style-type: none"> • tight nuts and bolts (skateboard will not go faster if wheel nuts are loose. Wheels can fall off) 	<input type="checkbox"/> Yes <input type="checkbox"/> Needs fixing
Bearings	<ul style="list-style-type: none"> • clean and lubricated 	<input type="checkbox"/> Yes <input type="checkbox"/> Needs fixing
Deck	<ul style="list-style-type: none"> • clean deck • grip tape intact and effective 	<input type="checkbox"/> Yes <input type="checkbox"/> Needs fixing

A guide to rollerblades maintenance

Feature	What are you checking for?	Maintained
Wheels	<ul style="list-style-type: none"> • firm, round wheels with even wear • no bulges, cuts or flat spots 	<input type="checkbox"/> Yes <input type="checkbox"/> Needs fixing
Nuts and bolts	<ul style="list-style-type: none"> • tight wheel bolts (rollerblades will not go faster if wheel bolts are loose. Wheels can fall off) 	<input type="checkbox"/> Yes <input type="checkbox"/> Needs fixing
Bearings	<ul style="list-style-type: none"> • clean and lubricated 	<input type="checkbox"/> Yes <input type="checkbox"/> Needs fixing
Brakes	<ul style="list-style-type: none"> • brake pad not too low to the ground • brake pad is not worn below wear line/screw which attaches brake pad to roller-skate 	<input type="checkbox"/> Yes <input type="checkbox"/> Needs fixing
Skates	<ul style="list-style-type: none"> • laces, buckles, Velcro and clasps are intact, not stretched or broken 	<input type="checkbox"/> Yes <input type="checkbox"/> Needs fixing

A guide to correctly fitting a helmet

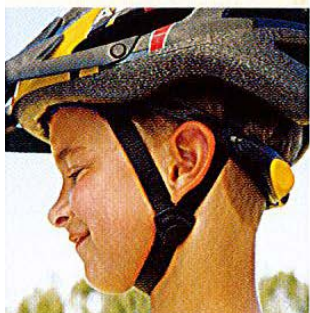
Always wear a helmet when you ride or skate



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.