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Bicycle Safety Guidelines at Plattsburg Public School

What does the Department of Education and Training and the RTA say?

The Department of Education and Training and NSW Centre for Road Safety (RTA) recommend that children under 10 years of age should cycle in a **safe place off the road** and **away from vehicles and driveways**. Children aged between 10 and 12 years of age should avoid cycling on or near busy roads.

Parents and carers are responsible for:

- The maintenance of their child's bicycle and are to ensure their child always correctly wears an Australian Standards approved helmet when riding. Bicycles must be in a good, safe working order and must be fitted with a working brake and a bell
- Ensuring their child is aware of and follows the road rules relating to bicycles. This includes the pedestrian's right of way on footpaths and using a bell as a warning when approaching pedestrians
- Reinforcing rules and safety advice for riding bicycles to and from school, as outlined in these guidelines and RTA advice brochures.

Bicycle riders, who bring their bicycle onto school grounds, are responsible for:

- Completing a *Bicycle rider's agreement* and the *Bicycle rider's permission note*, issued by the school.
- This is to be completed and returned to Ms Bax.
- Using the bicycle entry and exit points to Plattsburg Public School via the side pedestrian entrance in Ranclaud Street. This is the only way to access the school grounds by bicycle riders.
- Dismounting before entering the school grounds and walking their bicycles whilst on the school grounds.
- Storing their bicycle in the bicycle rack in the middle playground. Bicycles must be locked with a chain and padlock supplied by the bicycle owner. Bicycles and helmets are brought and stored at school at the owners risk.

Safe riding behaviours

- Students are to always correctly wear an Australian Standards approved helmet when riding.
- Students must always ride in a safe manner following these guidelines and the NSW road rules relating to bicycles.
- Bicycles are not to be ridden in school grounds after school hours.
- Parents and carers will be notified if their child does not adhere to the school's bicycle safety guidelines. Students may not be allowed to bring their bicycles onto the school grounds if they do not follow the rules.

Endorsed by the Principal and Staff of Plattsburg PS

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Plattsburg 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 Ms Bax 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: _____

A copy of this agreement will be sent home for ready reference.

Bicycle rider permission note

I give permission for _____ (child's name) to ride his/her bicycle to and from school. (Please return this bicycle rider permission note to Ms Bax.)

- 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 Ms Bax is able to stop my child from bringing their bicycle onto school grounds if the rules are broken.

Signed (Parent/Carer): _____ Date: _____

Print name:

Information for parents and carers

A guide to bicycle maintenance: Six point safety check

Feature	What are you checking for?	Maintained
Tyres	<ul style="list-style-type: none">firm tyrestread not worn and no canvas showingno 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 spunrubber 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 appliedbike 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 liftedis 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.

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?

For further enquiries

www.rta.nsw.gov.au | 13 22 13

The information in this brochure is intended as a guide only and is subject to change at any time without notice. It does not replace the relevant legislation, nor should it be regarded as legal advice.

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