



Plattsburg Public School

Bicycle rider safety guidelines and agreement



Our school encourages safe travelling for the whole community on their way to and from school. This guide lists our expectations for students as bicycle riders and their parents/carers.

Transport for NSW says:

- children under 10 years of age should be actively supervised by an adult when riding a bicycle
- all children under 12 years of age should cycle in a safe place off the road, such as a footpath or bicycle path, and away from vehicles
- any person under 16 years of age can cycle on footpaths, as well as people over 16 if they are supervising bike riders under 12 years of age.
- it is recommended children cycle away from busy roads
- all bicycle riders must obey the bicycle road rules. <https://roadsafety.transport.nsw.gov.au/stayingsafe/bicycle-riders/laws.html>

Parents and carers are responsible for:

- how your child travels to and from school
- maintaining your child's bicycle. Bicycles must be safe and in working order, and by law must be fitted with a working brake and a bell.
- ensuring your child correctly wears an Australian Standards approved helmet every time they ride a bicycle
- teaching your child, the bicycle road rules
- completing and returning the *Parent/carer and child bicycle rider safety agreement*.

Students who ride bicycles to school are responsible for:

- completing the *Parent/carer and child bicycle rider safety agreement*, issued by our school
- dismounting before entering the school grounds
- using the school bicycle entry and exit points via Boscawen Street pedestrian entrance.
- walking bicycles on school grounds
- storing the bicycle in the bicycle rack. Bicycles can be locked with a chain and padlock supplied by the bicycle owner. Bicycles and helmets are brought and stored at school at the owner's risk.

Parents and carers will be notified if their child does not follow the conditions of the school's *Bicycle rider safety guidelines and agreement*.

Students may be banned from bringing their bicycles onto school grounds if they breach school rules.

Ellen Bax
Principal



Child agreement

I, _____ of class _____

- have read and talked about the school *Bicycle rider safety guidelines and agreement* with my parents or carers
- understand the information provided
- will wear my helmet correctly when riding my bicycle to and from school
- will keep my bicycle well maintained
- will give way to all pedestrians on footpaths, crossings, and cycle paths
- will walk my bicycle across the road at safe places and pedestrian/traffic crossings
- will walk my bicycle on school grounds
- understand that the principal may stop me from bringing my bicycle to school if I do not follow the rules
- bring my bicycle and helmet to and from school at my own risk.

Student signature: _____

Parent/carer signature: _____

Date: _____

Parent/carer agreement

I approve my child (name) _____ of class _____ riding his/her bicycle to and from school.

- I take responsibility for my child riding to and from school.
- I have read and talked about the school's *Bicycle rider safety guidelines and agreement* with my child rider.
- my child will correctly wear an Australian Standards approved helmet when riding a bicycle to and from school.
- I have reviewed the *Guide to bicycle maintenance* and understand that it is my responsibility to keep the bicycle well maintained and roadworthy.
- I have reviewed the *Guide to correctly fitting a helmet* and understand that it is my responsibility that my child wears their helmet correctly.
- I understand the principal may ban my child from bringing their bicycle onto school grounds if the school's rules are not followed.
- I understand that bicycles and helmets are brought to school at the owner's risk.

Parent/carer signature: _____

Parent/carer name: _____

Date: _____

Please complete and return to the school

Guide to bicycle maintenance: Eight-point safety check

Feature	What are you checking for?	Maintained
Bell or horn	<ul style="list-style-type: none"> rings or sounds clearly and loudly 	<input type="checkbox"/> Yes <input type="checkbox"/> Needs fixing
Brakes	<ul style="list-style-type: none"> bike wheel does not rotate when brakes are applied 	<input type="checkbox"/> Yes <input type="checkbox"/> Needs fixing
Brakes pads	<ul style="list-style-type: none"> pads are not worn down 	<input type="checkbox"/> Yes <input type="checkbox"/> Needs fixing
Chain	<ul style="list-style-type: none"> should be well oiled and not sag 	<input type="checkbox"/> Yes <input type="checkbox"/> Needs fixing
White front reflector	<ul style="list-style-type: none"> is secure and clean 	<input type="checkbox"/> Yes <input type="checkbox"/> Needs fixing
Red rear reflector	<ul style="list-style-type: none"> is secure and clean 	<input type="checkbox"/> Yes <input type="checkbox"/> Needs fixing
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
Yellow wheel and pedal reflectors	<ul style="list-style-type: none"> are secure and clean 	<input type="checkbox"/> Yes <input type="checkbox"/> Needs fixing

Source: Adapted from [Safety Town](#)

What is the right size of bicycle?

The right sized bicycle:

- is comfortable for the rider
- allows for the arms to be slightly bent as the body leans slightly forward holding the handlebars
- has controls within reach
- allows the rider's feet to just touch the ground when the rider is sitting on the seat
- allows the rider to straddle the crossbar with both feet flat on the ground. There should be about 3 cm between the bicycle and the rider's crutch for a light or medium weight 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.
- has a level seat.

If not, the bicycle is either too small or too big, and unsafe.

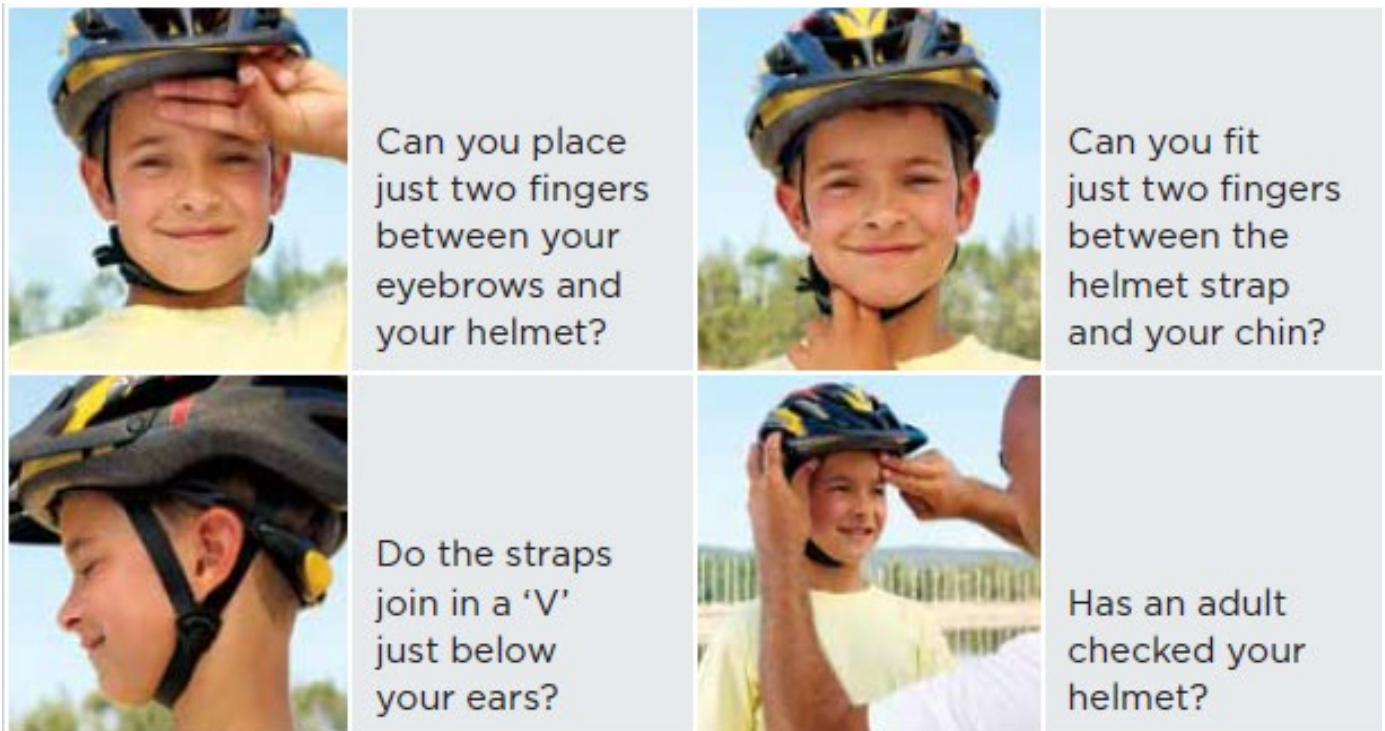
What is required by law?

A bicycle must be fitted with:

- a working horn or bell
- at least one working brake
- and display a flashing or steady white light on the front, a flashing or steady red rear light, and a red rear reflector if ridden at night or during hazardous weather conditions.

A guide to correctly fitting a helmet

Always wear a helmet when you ride



Source: NSW Centre for Road Safety, Transport for NSW

More information is available from:

1. Department of Education

- Riding to and from school <https://education.nsw.gov.au/teaching-and-learning/curriculum/road-safety-education/safe-travel/riding>
- Vulnerabilities of children as road users <https://education.nsw.gov.au/teaching-and-learning/curriculum/road-safety-education/safe-travel#Vulnerabilities1>

2. Transport for NSW

- Information for parents and carers about safety on wheels – The law and safety advice for bicycles, foot scooters, skateboards and rollerblades (pdf) <http://bit.ly/3Wl64UA>
- Helmets and safety gear <https://roadsafety.transport.nsw.gov.au/stayingsafe/bicycle-riders/helmets-gear.html>
- NSW road rules, bicycle laws and penalties in NSW <https://roadsafety.transport.nsw.gov.au/stayingsafe/bicycle-riders/laws.html>
- Safe riding <https://roadsafety.transport.nsw.gov.au/stayingsafe/bicycle-riders/safe-riding.html>