

[DD MMMM 2016]

Permission for student to bring a bike and/or helmet to school for Safe Cycle training

Dear parents and carers,

Our school is involved in the It's Your Move Safe Cycle program that encourages students to ride, walk or catch public transport to and from school. As part of this program your child will be taking part in practical cycling and road safety lessons over a three week period commencing <insert dates>. Students will use bikes during class time to help develop their skills and confidence through a range of fun and informative lessons.

Students who **own or can access a bike and helmet**, that are in a fit and roadworthy condition, are encouraged to bring these to school for use in the Safe Cycle lessons. We will have access to loan bikes and helmets for students who are unable to bring a bike for the lessons.

If your child will be bringing their own bike and/or helmet, please:

1. Review and complete the attached Information and Permission Form
2. Complete a safety check of your child's bike and/or helmet prior to the training using the attached ABC TIGHT Bike Safety Check List and the Three 2s Helmet Check.

During the day students can lock their bikes in the <insert details of school bike storage facilities>

Please note, if your child is not bringing their own bike, you do not need to complete or return this form. A separate permission form will be sent home for any lessons that will take place offsite during this time.

Safe Cycle is an inclusive program that caters for students of all abilities from those who do not ride bikes, to highly accomplished cyclists. Safe Cycle builds on students skills at their comfort level.

If you have any questions regarding the program please contact <Insert teacher's name>.

Yours sincerely

[Enter Name]

ABC TIGHT Bike Safety Check List

<p style="text-align: center;">A</p> <p style="text-align: center;">A = AIR</p> <ul style="list-style-type: none"> ✓ Is there air in the tyres? ✓ Are the tyres in good condition? 	<p style="text-align: center;">B</p> <p style="text-align: center;">B = BRAKES</p> <ul style="list-style-type: none"> ✓ Are the brakes in good working order? ✓ Note: Bikes are required to have at least a working rear brake or they are not road worthy. It is better to have front and back brakes 	<p style="text-align: center;">C</p> <p style="text-align: center;">C = CHAIN</p> <ul style="list-style-type: none"> ✓ Is the chain clean, oiled and firm? ✓ Does the drive train and derailleur (if applicable) spin freely? 	<p style="text-align: center;">TIGHT</p> <ul style="list-style-type: none"> ✓ Are the handlebars tight? ✓ Are the handlebars straight? ✓ Do the wheels and cranks stay in place? ✓ Does everything stay in place with the 10cm drop test?
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If a bike does not pass this checklist it is not safe to ride

THE THREE 2S HELMET CHECK



Check the helmet for physical damage e.g. cracks in shell, worn straps, broken buckles. A helmet needs to be secure, but not uncomfortable and should fit as follows:

- ✓ The helmet should sit flat on head, not tilted back
- ✓ The rim should sit about '2 finger' widths above your eyebrows
- ✓ The straps should not be twisted and should form a V just under the ears with the '2 ear clips' snug under the ears
- ✓ The strap should fasten securely under the chin and not hang loose. You should snugly fit '2 fingers' under the strap
- ✓ Once the helmet is fitted place hands on top of helmet and wobble it and shake your head. If the helmet moves out of position easily it is not correctly fitted (the straps might be loose or the helmet is too big).

MANDATORY EQUIPMENT FOR CYCLING ACTIVITIES

- ✓ Australian approved cycling helmet (Australian standard sticker should be on the inside of the helmet AS/NZS 2063)
- ✓ Bike that passes the ABC TIGHT test
- ✓ Fully covered footwear (no thongs, sandals)



If a student does not have the mandatory equipment they cannot ride



Hats under helmets may interfere with peripheral vision and reduce external noise, two important elements to riding safely. To reduce the risk of over-exposure to harmful UV rays when riding, school bike riding activities and events should be minimised, when possible, between 11am and 3pm during Terms 1 and 4. Always use shade if it is available, wear sensible clothing that covers skin and apply sunscreen to reduce the risk of sun damage when riding.



It's your move
SAFE CYCLE



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Parent/Carer Information and Permission Form: Bringing own bike and/or helmet to school

I _____ consent to my child,
_____ bringing their own

- roadworthy bike of suitable size for my child's height
- appropriately sized Australian Standard helmet
(tick as appropriate)

for use in Safe Cycle training.

I understand and agree that the equipment that my child provides for this training is in a fit and roadworthy condition. I understand that this equipment will not be shared with other students. I understand that it is my child's responsibility to ensure his/her bike is safely locked up using the school's bike storage facilities.

Parent / Guardian Signature _____ Date _____

What you need to do:

- Return this permission note to your child's teacher
- Make arrangements to bring your child's bike/helmet to school on the **XX Month 201X** for use over **x days** or ride to school
- Securely leave the bike << **insert details of where the bikes should be left**>>
- Assess the bike after each day of the Safe Cycle training to review its condition

Please note, if your child is not bringing their own bike, you do not need to complete or return this form.