

It's Your Move Safe Cycle for High Schools Safety First Worksheet



This worksheet should be completed at the beginning of each practical Safe Cycle lesson. It assists teachers running Safe Cycle training to document:

- that safety checks are completed prior to each Safe Cycle practical lesson
- any equipment issues identified during safety checks
- any incidents that may occur during practical lessons

Safety Checks

As set out in the Safe Cycle for High Schools lesson plans, before each practical lesson students should collect their bikes and helmets and perform the ABC TIGHT Bike Safety Check and The Three 2s Helmet Check. Teachers running each lesson are required to oversee this process and ensure that bikes are roadworthy and helmets are properly fitted. Please also check that riders are wearing enclosed footwear.

Please sign off below that you have overseen this process for each practical lesson and keep a copy on file.

Note: Riders or bikes that do not meet safety requirements should be excluded from actively participating in the lesson.

Lesson No.	Date	Checks performed by
		<i>Teachers printed name</i> <i>Signature</i>

Equipment Issues

Please record any equipment issues identified during safety checks.

Lesson No.	Date	Equipment Issue (e.g. bike chain faulty)	Outcome (e.g. bike excluded from lesson)



Incidents

Please record incidents (equipment failures, collisions or injuries) that may occur during lessons.

Lesson No.	Date	Incident (e.g. chain break, injury)	Student/s involved (if applicable)	Outcome (e.g. bike excluded from lesson, student received First Aid, course modified)