

ABC TIGHT Bike Safety Checklist

A

A = AIR

- ✓ Is there air in the tyres?
- ✓ Are the tyres in good condition?

B

B = BRAKES

- ✓ 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

C

C = CHAIN

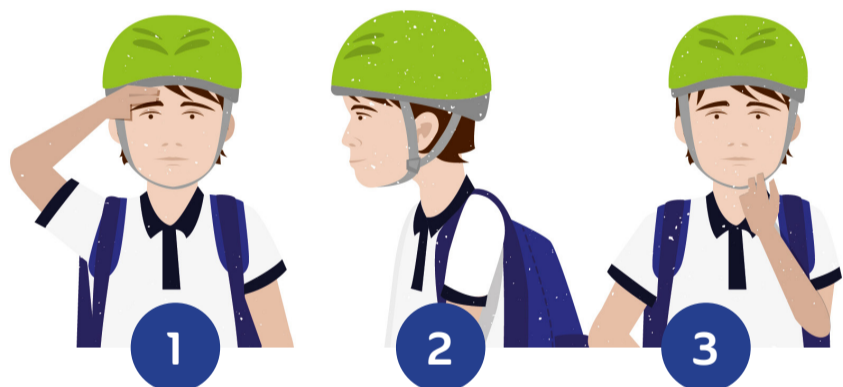
- ✓ Is the chain clean, oiled and firm?
- ✓ Does the drive train and derailleur (if applicable) spin freely?

TIGHT

- ✓ 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?

If a bike does not pass this checklist it is not safe to ride

THE THREE 2S HELMET CHECK



1
2 fingers
above
eyebrow

2
2 ear clips
snug under
ears

3
2 fingers
under
chinstrap

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.

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SAFE CYCLE