



Oatley West Public School

Bicycle safety guidelines



What does Transport for NSW say?

- 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 and driveways.
- any person over 12 years of age cannot cycle on footpaths, unless they are supervising a cyclist who is under 12 years of age. It is recommended children cycle away from busy roads.

Parents and carers are responsible for:

- how your child travels to and from school.
- maintaining your child's bicycle. Bicycles must be in a good, safe 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. These are outlined in Transport for NSW *Information for parents and carers about safety on wheels – The law and safety advice for bicycles, foot scooters, skateboards and rollerblades* brochure.
- completing the *Parent and carer agreement*, issued by our school. This is to be returned to the principal prior to the first time your child rides to school.

Students who ride bicycles to school are responsible for:

- completing a *Bicycle rider's agreement* issued by our school. This is to be returned to the principal prior to the first time your child rides to school.
- dismounting before entering the school grounds.
- using the school bicycle entry and exit points via Oatley Park Avenue pedestrian entrance or via the side pedestrian entrance on Short Street.
- walking bicycles on school grounds.
- storing the bicycle in the bicycle rack. 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 owner's risk.

Parents and carers will be notified if their child does not follow the school's bicycle safety guidelines.

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

More information is available from:

1. Transport for NSW:
 - [NSW road rules, bicycle laws and penalties in NSW](#)
 - [Helmet and safety gear](#)
 - [A handbook for bicycle riders](#)
2. Department of Education and Communities:
 - [Riding a bicycle to and from school](#)



Oatley West Public School

Bicycle rider's agreement

I, _____ of class _____

- have read and talked about the school *Bicycle safety guidelines* 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.
- will secure my bicycle with a lock and chain in the bicycle rack.
- 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 school at my own risk.

Student signature: _____

Parent/carer signature: _____

Date: _____

Please return to the principal before the first time you ride your bicycle to school.

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 safety guidelines* 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 return this to the principal prior to the first time your child rides to school.

A 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
Front white 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 Stage 3*, Transport for NSW 2014

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 is unsafe.

What is required by law?

A bicycle must be fitted with a working horn or bell and at least one working brake.

A guide to correctly fitting a helmet

Always wear a helmet when you ride



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?

NSW Centre for Road Safety, Transport for NSW: *Information for parents and carers about safety on wheels: The law and safety advice for bicycles, foot scooters, skateboards and rollerblades*