

HASTINGS PUBLIC SCHOOL – BICYCLE POLICY



BICYCLE POLICY

Road safety education is integral to the safety and wellbeing of our students. A whole-school approach involves our school, parents and carers working together to implement road safety education. The Department of Education and NSW Roads and Maritime Services recommend that **children under 10 years of age DO NOT ride bicycles to and from school unless accompanied by an adult**. Research has shown their peripheral vision is not fully developed until then. Our school provides bike education as part of our Health program but we do not encourage children to cycle in or near busy traffic.

Parents and carers are responsible for:

- Maintaining their child's bicycle and ensuring their child always correctly wears an Australian Standards approved helmet when riding. Bicycles must be in a good, safe working order and must be fitted with a working brake and a bell.
- Having a safe bicycle route to and from school and ensuring their child is familiar with this route.
- Ensuring their child is aware of and follows the road rules relating to bicycles. This includes the pedestrian's right of way on footpaths and using a bell as a warning when approaching a pedestrian.
- Support our road safety education program by reinforcing rules and safety advice for riding bicycles to and from school, as outlined in the guidelines and RMS advice brochures.

Bicycle riders, who bring their bicycle onto school grounds, are responsible for:

- Completing a Bicycle rider's agreement and the Bicycle rider's permission note, issued by the school. This is to be completed and returned to Mrs Paterson.
- Ride slowly on approach to the school and walking the bicycle whilst on the school grounds.
- Storing their bicycle in the bike rack. Bicycles must be locked with a chain, padlock and identification tag supplied by the bicycle owner. Bicycles and helmets are brought and stored at school at the owner's risk.
- Not touching any other person's bicycle.

Safe riding behaviours

- Students are to always correctly wear an Australian Standards approved helmet when riding.
- Students must always ride in a safe manner following these guidelines and the NSW road rules relating to bicycles.
- Bicycles are not permitted to be ridden on school grounds, unless supervised by a teacher for practical bicycle lessons.
- Bicycles are not to be ridden in school grounds after school hours.
- Parents and carers will be notified if their child does not adhere to the school's bicycle safety guidelines. Students may not be allowed to bring their bicycles onto the school grounds if they do not follow the rules.

Riding a bicycle to school is a privilege and it is expected all riders will abide by these regulations.

Endorsed by:

Principal: Jodie Paterson

P&C president: Amy Valentine

More information is available from:

<http://www.rms.nsw.gov.au/roads/bicycles/safety-rules/index.html>

<http://roadsafety.transport.nsw.gov.au/downloads/keeping-our-kids-safe-around-schools.pdf>

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BICYCLE AND HELMET SAFETY CHECKLIST

Feature	What are you checking for?	How does your bicycle rate?
Tyres	<ul style="list-style-type: none"> Firm tyres Tread no worn and no canvas showing No bulges or cuts 	
Bell / Horn	<ul style="list-style-type: none"> Sounds clearly and loudly 	
Pedals	<ul style="list-style-type: none"> Rotate freely when spun Rubber not showing signs of wear 	
Lights and Reflectors	<ul style="list-style-type: none"> Secure, clean and shine brightly 	
Brakes	<ul style="list-style-type: none"> Blocks not worn down when brakes applied Bike wheel does not rotate when brakes are applied 	
Chain / Gears	<ul style="list-style-type: none"> Does not move more than 2.5cm when lifted Is well oiled 	
Helmet	<ul style="list-style-type: none"> Helmet shell and lining are not damaged Helmet straps and buckles are not damaged Helmet sits on top of the head (two fingers width between eyebrows and helmet edge) and can be firmly buckled under the chin 	
Size of Bicycle	<ul style="list-style-type: none"> Correct size for rider (see information below) 	

The right size of bicycle:

- Has controls within reach
- Is comfortable for the rider
- Has a level seat
- The rider's feet should just touch the ground when the rider is sitting on the seat
- Handlebars should allow for the arms to be slightly bent as the body leans forward
- The bicycle is the right size if the rider can straddle the crossbar with both feet flat on the ground, otherwise the bicycle is too big and therefore, unsafe. There should be about 3cm between the bicycle and the rider's crotch for a medium of lightweight bicycle. For a BMX or mountain bike there should be a 10cm gap. If there is no crossbar, make the test from where the crossbar would be.

Guide to correctly fitting a helmet



Can you place just two fingers between your eyebrows and your helmet?



Do the straps join in a 'V' just below your ears?



Can you fit just two fingers between the helmet strap and your chin?



Has an adult checked your helmet?

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HASTINGS PUBLIC SCHOOL – BICYCLE RIDER'S AGREEMENT

- I have read the school's Bicycle safety policy and understand the information provided
- I have discussed this with my parents or carers
- I will wear my helmet correctly when riding my bicycle to and from school
- When using the footpath, I will give way to all pedestrians
- I need to keep my bicycle well maintained
- I will bring my bicycle to school at my own risk
- I will secure my bicycle with a lock, chain and identification tag to the bicycle rack
- I understand that the Principal may stop me from bringing my bicycle onto school grounds if I do not follow the rules

My name is: _____ Date: _____

Signed (Student rider): _____ Signed (Parent / Carer): _____

HASTINGS PUBLIC SCHOOL – BICYCLE RIDER'S PERMISSION NOTE

I give permission for _____ (child's name) to ride his / her bicycle to and from school.

- I have read and understand the school's Bicycle safety policy
- I have discussed this with my child
- My child will correctly wear an Australian Standards approved helmet when riding a bicycle to and from school.
- I have reviewed the Bicycle and helmet safety checklist to check my child's bicycle for roadworthiness and understand that it is my responsibility to keep the bicycle well maintained.
- I have reviewed the Guide to correctly fitting helmet and understand that it is my responsibility to ensure my child wears their helmet correctly.
- I understand that bicycles are brought to school at the owner's own risk
- I understand that the Principal is able to stop my child from bringing their bicycle onto school grounds if the rules are broken.

Signed: _____ Date: _____

Print name: _____

Please return this bicycle rider permission note to the Principal.