

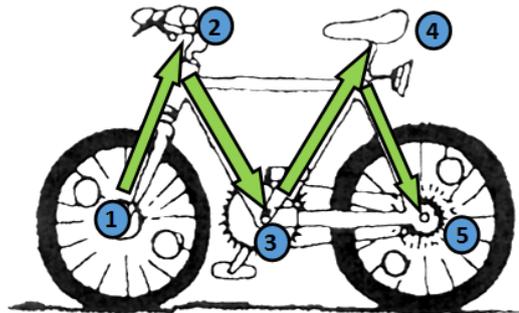
# Bike and Helmet Home Checklist

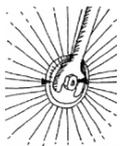
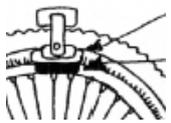
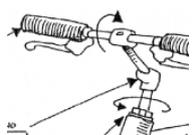
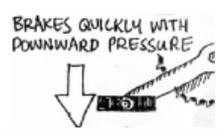
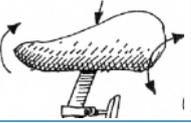


Checking your bike and helmet is important to do before heading out for a ride.

**Parents/Caregivers:** Please help your child use this form to check their bike and helmet. If in doubt ask your local bike shop to help you out. Any repairs identified need to be fixed before the day. If this is not possible or costs too much, please let your teacher know you need to borrow a bike.

## 'The M Check'



			OK	Repair
1	<b>WHEELS</b> 	<ul style="list-style-type: none"> <li>Nuts or quick releases are tight and wheels spin freely</li> <li>Tyres inflated (<i>we recommend bald or cracked sidewall tyres to be replaced</i>)</li> <li>No missing, broken or loose spokes</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>
	<b>FRONT BRAKES</b> 	<ul style="list-style-type: none"> <li>Pads secure, not worn through or rubbing rim when spun. Check for fraying of cables. (<i>With disc brakes make sure brake pads are making contact with rotor.</i>)</li> <li>Bike doesn't move forward when brakes are on</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>
2	<b>HANDLEBARS</b> 	<ul style="list-style-type: none"> <li>Grips or plugs at the ends (<i>Plugs approx. \$3 a pair at bike shop</i>)</li> <li>Handlebars tight and secure</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>
3	<b>CHAIN, GEARS &amp; PEDAL BRAKES</b> 	<ul style="list-style-type: none"> <li>Chain not loose. Lightly oiled.</li> <li>Pedals have foot plates and changes gears (if applicable) smoothly</li> <li>Pedal Brakes - brakes quickly with downward pressure</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>
4	<b>SEAT</b> 	<ul style="list-style-type: none"> <li>Doesn't move up and down or side to side</li> <li>Right height - both toes touch the ground, not flat footed</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>
5	<b>BACK WHEEL AND BACK BRAKES</b>	<ul style="list-style-type: none"> <li>Repeat Step 1 for back wheel and brakes</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>
6	<b>HELMET</b>	<ul style="list-style-type: none"> <li>No cracks or damage and correctly adjusted (See over the page)</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>

CHILD'S NAME: \_\_\_\_\_

CHECKED BY STUDENT & PARENT/CAREGIVER:

SIGNATURE: \_\_\_\_\_

*When completed please hand in to your teacher*

# Bike and Helmet Home Checklist



## Helmet Check

The law requires you to wear a helmet when riding a bike. The most common cyclist injuries that cause death are head injuries, so protecting your head is important.

### 1 Inspection

- Outer shell attached to helmet and no major cracking?
- Squeeze and pull the sides of the helmet. Any cracks in the polystyrene liner?
- Any fraying, wear and tear or broken buckles on straps?
- Safety Standard approved helmet?  
Look for the sticker - examples are shown to the right.



### 2 Fitting

- Loosen all the straps.
- Place helmet on head and tilt forward until the front of helmet is two fingers width above eyebrows.  
Adjust ponytails and avoid wearing hats underneath.
- Adjust the dial (if fitted) on the back to tighten around head or ensure padding provides a firm fit.
- Check the ears sit in the middle of the V shape of straps.
- Slide the connection point buckles up so they sit under the ear (not down by throat).
- Clip up helmet under the chin. You should only be able to fit one finger under chin strap.
- Give the helmet a wriggle - forwards, backwards and sideways to check it stays in place. If you can uncover the forehead, sides of the head or cover the eyes, it will need to be adjusted again. If it keeps happening, the helmet is the wrong size.



The US Consumer Product Safety Commission's bicycle helmet safety standard is also approved.



#### OTHER THINGS TO CONSIDER:

- Keep bikes indoors or covered to avoid rusting
- Oil your chain regularly
- Keep reflectors and bike clean
- Check for cracks on the bike frame
- Keep wheel rims clean
- The police recommend children are 10 years old before riding **unaccompanied** on the road

#### WHEN RIDING ON THE ROAD THE FOLLOWING ARE LEGAL REQUIRMENTS:

- Helmet
- Working front and back brakes
- Red or yellow reflector
- Plus at night:**
- Rear red steady or flashing light
- Front white or yellow light
- Pedal reflectors or Hi-Vis Vest worn

