

Bicycle/ Scooter Permission note

I,, give permission for my son/ daughter (child's name) to ride

his/her bicycle/ scooter to and from school in 20.....

- I, the parent/ guardian, have read and understood the bicycle/ scooter information provided (Waitara PS Bicycle and Scooter Policy).
- I have read and explained the bicycle/ scooter information provided (Waitara PS Bicycle and Scooter Policy) to my child.
- I have reviewed the Guide to Bicycle Maintenance: Six Point Safety Check to check my child's bicycle for roadworthiness and understand that it is my responsibility to keep the bike/ scooter well maintained with all the component parts working correctly.
- My child will correctly wear a Standards Australia approved helmet when riding a bicycle/ scooter to and from school.
- I understand that bicycles/ scooters are brought to school at the owners risk and that no responsibility will be taken by the school for damage or theft of the bicycle/ scooter or safety equipment.
- I, the parent have discussed with my child the safest route when riding to and from school. I am aware that my child riding his/her bicycle/ scooter in the rain or on wet surfaces is unsafe and it is advisable not to ride in such conditions.

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Signed (Parent/ Guardian)	
Relationship to Child:	

Date:

• Please return this bicycle/ scooter permission note to the school



Appendix A3

A GUIDE TO BICYCLE MAINTENANCE: SIX POINT SAFETY CHECK

How does your bicycle rate?

1. Tyres

- o Firm tyres
- o Tread not worn and no canvas showing
- No bulges or cuts

2. Bell

o Rings clearly and loudly

3. Pedals

- o Rotate freely when spun
- Rubber not showing signs of wear

4. Lights and reflectors

o Secure, clean and shine brightly

5. Brakes

- o Blocks are not worn down when brakes are applied
- Bike wheel does not rotate when brakes are applied

6. Chain

- o Does not move more than 2.5cm when lifted
- $\circ~$ Is well oiled

What is the right size of bicycle?

The right size of bicycle:

- Has controls within reach
- o Is comfortable for the rider
- o 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 slightly 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 crutch for a medium or lightweight bicycle. For a BMX or mountain bike there should be a 10cm gap. If there is no crossbar, make the test where the crossbar would be.



