Before every ride

Here is a sixty second-safety check that should be made every time you hop on your bike.

Lock and Key
Take lock and key to secure your bike once you get to school.

Brakes
- Inspect pads for wear; replace if there is less than 6mm of pad left
- Check pad adjustment; make sure they do not rub tire or dive into spokes
- Check brake level travel; at least 2.5cm between bar and lever when applied

Bell
Let people know you’re coming! By law all bikes must have a bell.

Reflectors
All bikes must have reflectors. White at the front and red at the rear.

Clothing
Wear reflective or brightly coloured clothing.

Tyres
Keep your tires pumped! Pressure rating is marked on the sidewall of the tyre.

Helmet
Wear a helmet that meets Australian standards. Use reflective tape on front and rear. Make sure your helmet is properly fitted on your head.

Do you know the correct way to wear a helmet?

Sunscreen
Remember – Slip on a shirt, Slop on sunscreen and Slap on a hat!