

WHAT IS THE RIGHT SIZE OF BICYCLE?

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 3 cm 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 from where the crossbar would be.

HOME COPY- FOR YOUR READY REFERENCE TO KEEP. CHILD AND GUARDIAN BICYCLE USER'S PERMISSION NOTE

- I have read and understand the bicycle information provided –XXXXXX School Bicycle Policy.
- My parent/carer has read the bicycle information provided to me.
- I understand that it is a joint responsibility between my parents and I to keep the bike well maintained with all component parts working correctly.
- I will wear my Standards Australia approved helmet correctly when riding a bicycle to and from school.
- I will walk my bike to and from the school gate and at all times whilst on the school grounds.
- I understand that I bring my bicycle to school at my own risk.
- I will not lend my bike to another student when travelling to and from school.
- I will not carry any passengers on my bike.

Signed _____ (student)

Signed _____ (parent/carer) Date: _____

SCHOOL COPY- PLEASE RETURN TO THE SCHOOL OFFICE. CHILD AND GUARDIAN BICYCLE USER'S PERMISSION NOTE

I give permission for _____ (student's name) to ride his / her bicycle to and from XXXXXX School in 20____ (year).

I have read and understand the bicycle information provided.

I have read and explained the bicycle information provided to my child.

I have reviewed the Guide to Bicycle Maintenance to check my child's bicycle for roadworthiness and understand that it is my responsibility to keep the bike well maintained with all component parts working correctly.

My child will correctly wear a Standards Australia approved helmet when riding a bicycle to and from school.

I understand that bicycles are brought to school at the owner's and user's risk.

Signed _____

Relationship to student: _____



northern
beaches
council

