# Guide to bicycle/e-bike maintenance: eight-point safety-check

Feature	What are you checking for?	Maintaine d	Needs fixing
Bell or horn	rings or sounds clearly and loudly		
Brakes	when brakes are applied, bike wheel does not rotate		
Brake pads	pads are not worn down		
Chain	be well oiled and not sag		
White front reflector	is secure and clean		
Red rear reflector	is secure and clean		
Tyres	<ul> <li>firm tyres</li> <li>tread not worn and no canvas showing</li> <li>no bulges or cuts</li> </ul>		
Yellow wheel and pedal reflectors	is secure and clean		

Source: Adapted from <u>Safety Town</u>

#### What is the right size of bicycle/e-bike?

The right sized bicycle/e-bike:

- is comfortable for the rider
- allows for the arms to be slightly bent as the body leans slightly forward holding the handlebars
- has controls within reach
- allows the rider's feet to just touch the ground when the rider is sitting on the seat
- allows the rider to straddle the crossbar with both feet flat on the ground.
- has a level seat.

## What is required by law?

A bicycle/e-bike must be fitted with:

- a working horn or bell
- at least one working brake
- and display a flashing or steady white light on the front, a flashing or steady red rear light, and a red rear reflector if ridden at night or during hazardous weather conditions.

E-bikes must meet <u>Transport for NSW's requirements</u>

# **Guide to correctly fitting a helmet**

## Always wear a helmet when you ride



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



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



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



Has an adult checked your helmet?

Source: NSW Centre for Road Safety, Transport for NSW

More information is available from:

#### **Department of Education**

- Riding to and from school: advice and resources to support schools
- Riding e-bikes and e-scooters: advice and resources to support schools
- <u>Lithium-ion batteries usage, storage and management</u>: the department's Health, Safety and Wellbeing advice about storage and charging of e-bikes on school site.

#### **Transport for NSW**

- <u>Safety on wheels</u> (PDF 385KB) the law and safety advice for bicycles, foot scooters, skateboards and rollerblades
- Road rules for bicycle riders: including helmet safety
- <u>Safe bicycle riding</u>: advice about riding safely on the road
- E-bikes: frequently asked questions
- E-bikes: Advice for families (PDF1513 KB) fact sheet
- E-scooter: Advice for families (PDF 1491) fact sheet

# Driving and parking

Student drivers need to fill in a driving to school form. Click Here

The start and end of the school day are busy times for pedestrians and drivers outside schools.

When driving and parking near our school, please:

- ensure you park safely in school zones
- follow speed signs
- do not make U-turns or 3-point turns outside the school.
- parents and students are to park on the neighbouring streets.
- parents and students are not to drive into the school grounds.