

# ABC TIGHT Bike Safety Check List



**A**

**A = AIR**

- ✓ Is there air in the tyres?
- ✓ Are the tyres in good condition?

**B = BRAKES**

- ✓ Are the brakes in good working order?

**Note:** Bikes are required to have at least a working rear brake or they are not road worthy. It is better to have front and rear brakes

**B**

**C**

**C = CHAIN**

- ✓ Is the chain clean, oiled and firm?
- ✓ Does the drive train and derailleur (if applicable) spin freely?

**TIGHT**

- ✓ Are the handlebars tight?
- ✓ Are the handlebars straight?
- ✓ Do the wheels and cranks stay in place?
- ✓ Does everything stay in place with the 10cm drop test?



✗ If a bike does not pass this checklist it is not safe to ride.

## Mandatory equipment for cycling activities



Australian approved cycling helmet (Australian standard sticker should be on the inside of the helmet AS/NZS 2063)



Bike that passes the ABC TIGHT test



Fully covered footwear (no thongs, sandals)

✗ If a student does not have the mandatory equipment they cannot ride.



The Cancer Council's SunSmart Schools Program does not recommend wearing hats under helmets. Hats under helmets may interfere with peripheral vision and reduce external noise, two important elements to riding safely. To reduce the risk of over-exposure to harmful UV rays when riding, school bike riding activities and events should be minimised, when possible, between 11am and 3pm during Terms 1 and 4. Always use shade if it is available, wear sensible clothing that covers skin and apply sunscreen to reduce the risk of sun damage when riding. Riders may also consider fitting a UV protective cover to their helmet.

## The Three 2s Helmet Check



**2 fingers**  
above eyebrow



**2 ear clips**  
snug under ears



**2 fingers**  
under chin strap

- Check helmet for physical damage eg cracks in shell, worn straps, broken buckles.
- A helmet needs to be secure, but not uncomfortable and should fit as follows:
  - Helmet sits flat on head, not tilted back.
  - The rim should sit about '2 finger' widths above your eyebrow.
  - The straps should not be twisted and should form a V just under the ears with the '2 ear clips' snug under the ears.
- The strap should fasten securely under the chin and not hang loose, snugly fit '2 fingers' under strap.
- Wobble Wobble Check – place hands on top of helmet and wobble it, shake head. If the helmet moves out of position easily it is not correctly fitted (likely straps are loose or helmet is too big).
- Partner Check – students check each others' helmets.



**RIDE or WALK to school**

# Parts of a Bike

