



Safety checklists

HELMET

1. Standard Approved helmet (meets AS/NZS 2063)
2. Condition of outer shell Not damaged or cracked
3. Condition of inner shell Not damaged or cracked
4. Straps, buckles, fasteners Straps not torn or frayed, clips/buckles not broken Fastens firmly under chin
5. Fit Squarely positioned on head, facing correct way Front rim of helmet sits 2 fingers above bridge of nose Straps adjusted so no twists and no slack when buckle securely fastened under chin Side straps form a "V" shape with point just under ear lobe Correct size (sits firmly & comfortably on head, no movement forward/back, side to side)

N.B. A helmet must be replaced if it shows any signs of damage or wear

FOOTWEAR AND CLOTHING

1. Footwear Enclosed toes, firm, non-slip soles Laces tucked away
2. Clothing Bright and light coloured – easily seen Close fitting – won't catch in moving parts Appropriate for weather conditions

BICYCLE

1. Frame size Rider is able to straddle the frame with both feet flat on the ground Rider is able to comfortably reach the handlebars and brakes
2. Saddle Saddle is level Saddle is at correct height Saddle is not damaged Saddle is correctly tightened
3. Handlebar Handlebar is correctly aligned and tightened

<p>Handlebar ends are covered and grips secured When riding, riders arms are slightly bent and knees do not hit the elbows of handlebar</p>
<p>4. Warning device Has working bell, horn or other warning device</p>
<p>5. Headset Headset has no movement or noises</p>
<p>6. Suspension fork (if relevant) Fork slides up and down easily, no play in legs</p>
<p>7. Brakes Brake cables are not frayed, brake pads are not worn or rubbing Working front brake Working back brake There is a gap between the brake levers and the handlebars</p>
<p>8. Wheels No loose wheel nuts/quick release correctly tightened and closed and positioned No loose or broken spokes Front wheel spins freely Back wheel spins freely No damage to rims</p>
<p>9. Tyres Front tyre correctly inflated, in good condition Back tyre correctly inflated, in good condition</p>
<p>10. Pedals Not broken and spinning freely Clipless pedals – cleats in good condition, securely attached, correctly aligned</p>
<p>11. Chain Works smoothly without sticking or jumping Not too loose Not dry, rusty or has too much grease</p>
<p>12. Gears Change smoothly Cables are capped (not frayed) and in good condition</p>
<p>13. Bolts All bolts are adequately tightened</p>
<p>14. Lights and reflectors Bike is fitted with:</p> <ul style="list-style-type: none"> • A flashing/steady white light, clearly visible for at least 200m from the front of the bicycle • A flashing/steady red light, clearly visible for at least 200m from the rear of the bicycle • A red reflector that is clearly visible for at least 50m from the rear of the bicycle when light is projected onto it by a vehicle's headlight on low-beam
<p>15. Ride Bike Rider has ridden and is comfortable with bike after any adjustments</p>

N.B. Get your bike checked or repaired at a bike shop if you have safety concerns

Notes: