

Checking bikes

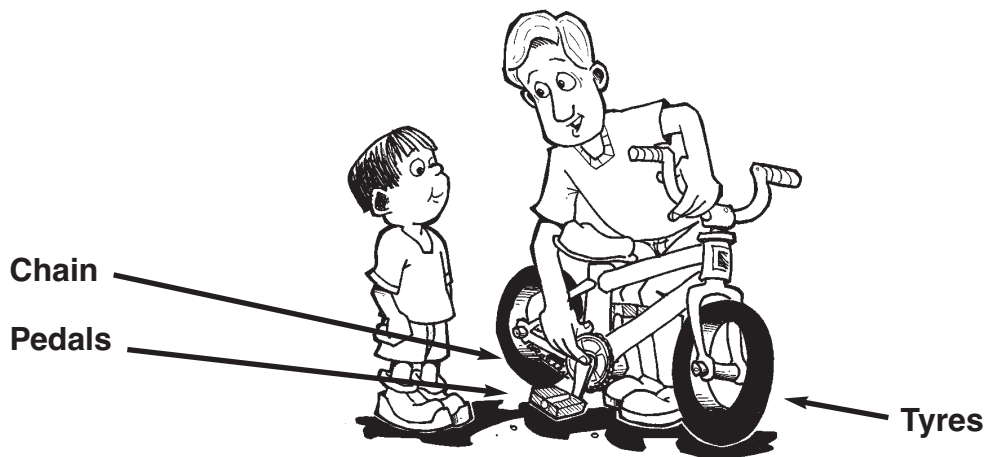
Dear family

Did you know that most cycling crashes usually don't involve another vehicle and the rider simply loses control of the bike? This happens to even the most experienced riders.

It is important that your child's bike fits, just like their helmet. A bike that is too big or small is a safety hazard. The checklist below can be used to check your child's bike is the right size.

The bike is the correct size because the rider can:

- straddle the bike and have at least toes touching the ground on both sides
- reach the handlebars.



Bicycles should be checked before every ride. Help your child check their bike by using the safety check below.

1. The seat is the right height and stable because it does not tip or twist.
2. The wheels do not turn when the brakes are applied and there are no loose or broken spokes.
3. Tyres are hard and no worn patches or bulges can be seen. The valves are straight and capped.
4. Pedals are in good condition and spin freely.
5. Chain works smoothly without sticking and is clean.
6. There is a red reflector on the back of the bike, and yellow reflectors on the wheels.

Did your bike pass the safety check? 😊 😐 😞

Don't forget to practise your riding skills.

Thank you for playing a vital role in your child's road safety education.

Yours sincerely

Classroom Teacher