

Bike & Helmet Safety Checklist

Inspecting your bike and fitting your helmet are important things to do before heading out for a ride. Using this worksheet you and your children can have a look at your bikes and helmets together. If you have doubts about the safety or fit of your helmets or bikes ask your local bike shop to help you out!

Checking your helmet

Inspection

Examine the shell and polystyrene of the helmet – it should be in good condition and not be cracked or damaged. The straps and buckles should be intact and not frayed or broken. There should also be a standards-approved sticker on the helmet. Examples of the approved stickers are shown (right).

Fitting

To check the size of the helmet, ensure that it touches the head all the way around the rim and that there is little or no wobble when fitted on the head.

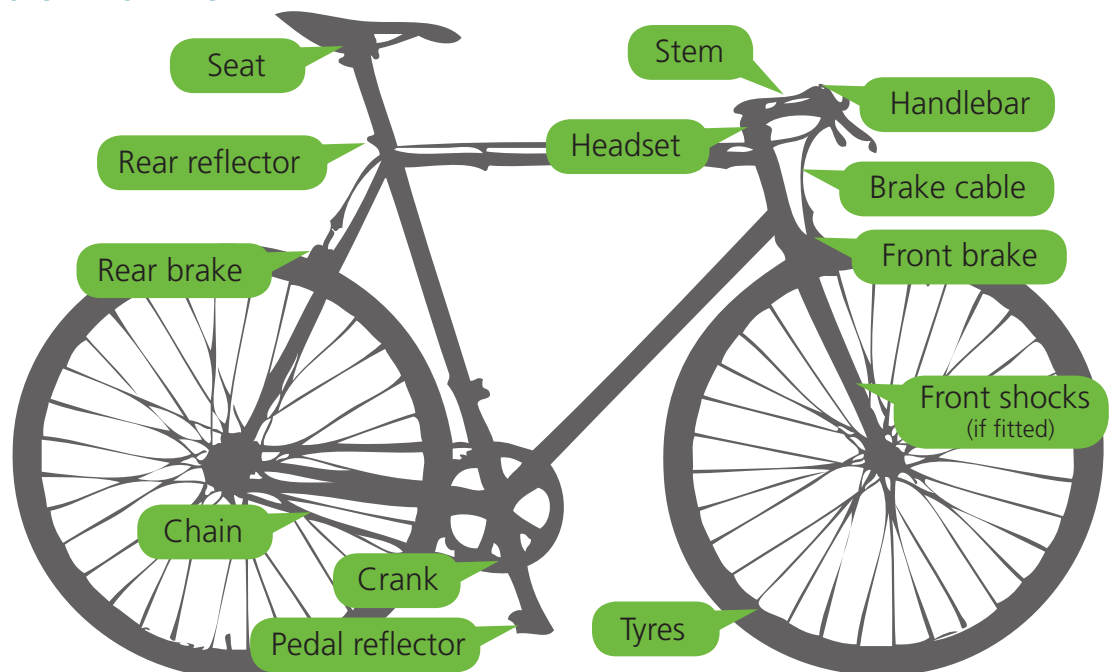
The helmet should sit flat and square on the head, with the rim of the helmet 1–1.5cm above the eyebrows. You shouldn't be able to pull the helmet back to expose the forehead or tilt it forward or sideways.

Chin and back straps should run in straight lines from the rim of the helmet, and meet on the jaw, below and to the front of the ear lobe. The straps must buckle up under the jaw near the neck, not forward on the chin. The strap should be snug (not slack) and not uncomfortably tight!



Checking your bike

With your helmet in order it is now time to check your bike. Use this diagram to help you identify the parts of the bicycle which are referred to on the checklist overleaf.





Checklist - 14 items to check before you ride



Legal requirements are in bold*		OK	Repair	Notes
1	Helmet (see "Checking your helmet" on the previous page)	<input type="checkbox"/>	<input type="checkbox"/>	
2	Tyres have a good surface, are free of cuts, and are pumped up firmly	<input type="checkbox"/>	<input type="checkbox"/>	
3	Front brake - pads secure and not worn through the rubber. Check for fraying of cable – replace if any signs of fraying are noted. With disc brakes make sure the brake pads are making contact with the rotor.	<input type="checkbox"/>	<input type="checkbox"/>	
4	Rear brake - pads secure and not too worn. Check for fraying of cable – replace if any signs of fraying are noted. With disc brakes make sure the brake pads are making contact with the rotor	<input type="checkbox"/>	<input type="checkbox"/>	
5	Handlebar, headset and stem are tight and secure - to check this, twist each of them to make sure they do not move independently of the front wheel	<input type="checkbox"/>	<input type="checkbox"/>	
6	Handlebar grips cover the ends of the handlebars	<input type="checkbox"/>	<input type="checkbox"/>	
7	Front and rear shocks (if fitted) are working effectively	<input type="checkbox"/>	<input type="checkbox"/>	
8	Seat is at a height which is comfortable for riding and allows the rider to touch the ground sufficiently to feel secure when stopped.	<input type="checkbox"/>	<input type="checkbox"/>	
9	Wheels - nuts or "quick releases" are tight and wheels spin freely, rims are free from cracks	<input type="checkbox"/>	<input type="checkbox"/>	
10	Spokes - not broken or missing	<input type="checkbox"/>	<input type="checkbox"/>	
11	Pedals - spin freely and are not loose	<input type="checkbox"/>	<input type="checkbox"/>	
12	Chain - lightly oiled and in good condition	<input type="checkbox"/>	<input type="checkbox"/>	
13	Rear reflector – red or yellow is visible, secure and clean	<input type="checkbox"/>	<input type="checkbox"/>	
14	Frame is the right size for the rider - the rider can stand straddling the frame with both feet flat on the ground. No rust, corrosion or cracks.	<input type="checkbox"/>	<input type="checkbox"/>	

If you notice any parts of your bike that need attention, or have any doubts, make an appointment with your local bike shop to get your bike seen to before heading out on your ride – everyone has more fun on a safe, well running bicycle! Enjoy your ride and tell your friends!

*Rules may differ for cycles with wheels smaller than 355mm and for bike built before 1988. For more information on New Zealand's road rules for cyclists see: <http://www.nzta.govt.nz/resources/factsheets/01/cycles-rules-equipment.html#equipment>.

These checklists are adapted from the New Zealand Transport Agency's Cyclist Skills Training Guide, Version 2-September 2008.