

BIKE POLICY



Independent Public School

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GLADYS NEWTON SCHOOL BIKE GUIDELINES

Gladys Newton School is committed to promoting healthy and sustainable transportation leisure options. Key components of these guidelines are to ensure safety, promote healthy habits, and support students effectively, to engage in bike riding and road safety. Gladys Newton School's bike riding guidelines will foster a safer and more active community for students at school. These guidelines accommodate all students.

Objectives:

- Safety: Riding a bike always contains an element of risk. To moderate risk, procedures will be put in place.
- Health: Promote physical activity and healthy lifestyle choices.
- Accessibility: Provide equitable access to biking as a mode of transportation and leisure.

At Gladys Newton School, students access bikes as part of an individual or class program.

All students who wish to ride a bike at school must adhere to the following guidelines:

- All riders must wear helmets.
- All riders must wear shoes.
- Utilise designated bike areas, and
- Follow established safety rules. The school will provide bike safety education and resources to ensure that all students can bike ride safely and responsibly.

Teachers note the following:

- Contact line manager for alternative permission if students refuse to wear shoes.
- Teachers need to plan and allocate appropriate helmet/bike in visual class plan.
- If a student's health status changes e.g. illness/surgery, teachers are to notify their line manager for a review meeting with parents and other relevant stakeholders before students are permitted back on bikes.

Parental Permission:

Bike skills/riding is optional. All students participating in bike riding require signed permission annually (see attached).

Curriculum link:

Bike riding is embedded in multiple curriculum links. For example:

Health and Physical Education: ABLEWA C

- *copying simple physical movement patterns*
- *beginning to learn to ride a tricycle or bike with training wheels*
- *learning the skills needed to perform basic games*
- *demonstrating safety rules when participating in structured physical activities*
- *participating in games that require students to be aware of personal safety and game boundaries*

[k10outline - Health and Physical Education \(scsa.wa.edu.au\)](http://scsa.wa.edu.au)

Eligibility:

Teachers are to assess the risk for each student before each session.

Ensure all students have access to necessary resources and safety equipment. To mitigate risk, the school will take precautions, such as providing a helmet, regular maintenance of the bikes and riding paths, students to wear appropriate shoes, ride in a single direction of travel and supervision is provided at all times.

- Staff are required to supervise students at all times when they are using a bicycle.
- Helmet Use: Mandate that all students wear helmets.
- All students to wear appropriate enclosed footwear.
- Bike Maintenance: regular bike maintenance checks scheduled and on request.
- Bike Parking: Designate secure bike parking areas on school grounds.
- If a hazard is noted, then the activity is to stop immediately and if required, the hazard reported and removed.
- Staff should use a visual bike plan- photo of bike and helmet being used by each student. First Aid Officer/Nurses and Line Managers must have up to date class schedules.

Suggested Program links:

<https://westcycle.org.au/teacher-accreditation-course-cycling/>

Bike-Curious - [WestCycle](#)

Emergency Procedures:

Staff are required to follow protocols for dealing with bike-related accidents or injuries. These include:

- Ensure First Aid kit in bike shed is stocked.
- Follow First Aid procedures- call First Aid Officer to attend.
- Ensure emergency contact information is readily available.

Additional Considerations:

- Local Laws: Align the policy with local traffic laws and regulations.
- Incentive: Consider offering incentives for regular bike riders, such as rewards or recognition.

Ideally you should be able to touch your toes to the ground when sitting on the seat, but if you can put your feet flat on the ground it often means that your seat height is too low. If your seat is too low, your knees will be overly bent when pedalling and that can cause discomfort, not to mention it's not a very efficient way to ride.

Determining saddle height with the heel method

Hop on the bike and place your heel on the pedal, in the shoes you plan on riding in. Pedal forwards or backwards slowly. If the saddle is too high, you'll not be able to pedal smoothly without having to rock your hips from side-to-side or overreaching.

If you are unsure about size, then consider:

- Do they look/feel more confident on the bigger or smaller size.
- Go the smaller size if they are not confident riders.

Size	Height	Typical* Age
12" wheel	86.0 - 102.0 cm	2 - 4
16" wheel	99.0 - 117.0 cm	4 - 6
20" wheel	114.0 - 132.0 cm	6-8
24" wheel	130.0 - 150.0 cm	8 - 12
26" wheel	146.0 - 160.0 cm	12 +

CHAIN GUARD

A chain guard is an important component of a bicycle, designed to protect the cyclist's legs from the spinning chainwheel and chain. To prevent injuries, especially for children, ensure bicycles have chain guards to prevent fingers or clothing from getting caught in the chain and gears.

- **Chain Guard Importance:**
 - **Chain guards, also known as chain cases or gear cases, are enclosures for the bicycle chain and sprocket assemblages.**
 - **They protect cyclists from being soiled or trapped in the chain rings.**
 - **They are particularly important for children, as they are more likely to be curious and reach for moving parts.**
 - **Department of Education Policies and Procedures:**

<https://www.education.wa.edu.au/web/policies/-/recreation-and-outdoor-education-activities-for-public-school-procedures>

<https://www.education.wa.edu.au/dl/g3pjxq7>

[Duty of Care for Public School Students Policy - Policies - Department of Education](#)
[Recreation and Outdoor Education Activities For Public Schools Procedures](#)