



Tool 3. Guide to Bicycle Maintenance for Parents

A Guide to Bicycle Maintenance: Seven Point Safety Check

Feature	What are you checking for?'	How does this bicycle rate?
Tyres	<ul style="list-style-type: none"> • Firm tyres • Tread not worn and no canvas showing • No bulges or cuts 	
Bell	<ul style="list-style-type: none"> • Rings clearly and loudly 	
Pedal	<ul style="list-style-type: none"> • Rotates freely when spun • Rubber not showing signs of wear 	
Lights and reflectors	<ul style="list-style-type: none"> • Secure, clean and shine brightly 	
Brakes	<ul style="list-style-type: none"> • Blocks not worn down when brakes applied • Bike wheel does not rotate when brakes are applied 	
Chain	<ul style="list-style-type: none"> • Does not move more than 2.5cm when lifted • Is well oiled 	
Size of bike (see information below)	<ul style="list-style-type: none"> • Correct size for rider 	

What is the right size of bicycle?

The right size of bicycle:

- Has controls within reach
- Is comfortable for the rider
- Has a level seat
- The rider's feet should just touch the ground when the rider is sitting on the seat
- Handlebars should allow for the arms to be slightly bent as the body leans slightly forward
- The bicycle is the right size if the rider can straddle the crossbar with both feet on the ground otherwise the bicycle is too big, and therefore, unsafe. There should be about 3cm between the bicycle and the rider's crutch for a medium or lightweight bicycle. For a BMX or mountain bike there should be a 10cm gap. If there is not a crossbar, make the test from where the crossbar would be.

My child and I have completed the bicycle maintenance check and consider it to be road worthy.

Signed (child): _____

Signed (parent/carer): _____

Date: _____

Adapted from NSW Department of Education and Training

'This list is illustrative only. Other checks may be necessary.'