A B C TIGHT Bike Safety Checklist

Complete this checklist prior to any practical riding session.

☐ A: Air in tyres, tyres are in good condition
☐ B: Brakes, Bikes are required to have at least a working rear brake or they are not road worthy. It is better to have front and back brakes.
☐ C: Chain is oiled, drive train spins freely and derailleur if applicable.
☐ TIGHT: Check handlebars: headset are tight and handlebars are straight. Check wheels and cranks do not move from side to side. Seat Post does not rotate or seat is loose.

If a bike does not pass this checklist it is unsafe to ride.

ETD Mandatory Equipment for Each Rider

☐ 1: An Australian approved cycling helmet (Australian standard sticker should be on the inside of the helmet AS/NZS 2063.)
☐ 2: Bike that passes the ABC TIGHT test
☐ 3: Fully covered footwear (no thongs, sandals.)

ETD Required Equipment when leaving school grounds

☐ 1: First aid kit with teacher (AS 2675-1983)
  2: Bicycle repair kits and pump
  3: Each participant should carry water, energy food and UV sunscreen SPF30+
☐ 3: The leader should select rescue equipment appropriate for the area

Recommended but not mandatory

Cycling gloves
Sunglasses
An extended tool kit for bicycle repair
Spare tubes