

## **A B C TIGHT Bike Safety Check List**

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