

Robyn Wong's Cycling Tips:

Hi, I am Robyn Wong. I represented New Zealand in mountain biking at the Athens Olympics and recently managed the New Zealand Youth Olympic team. Cycling is a great way to get around, learn responsible road use and have fun.

Cycling is a great way to spend time with your children! Remember, it is advised that children under the age of 10 have an adult with them if they are riding on the road.

You and your children will have a safer and more comfortable ride if your bikes are working properly – ask these five questions before heading out on your bikes:

1. Can we **GO**? Check that pedals, cranks and tyres are secure, and if you have gears, check that they shift well.
2. Can we **STOP**? Check that the brakes are working.
3. Can we **STEER**? Check that the handlebar and stem are secure and not wobbly.
4. Are we **COMFORTABLE**? Check that the seat is secure, and that the bike fits in a way that means the rider can pedal and stop safely.
5. Most importantly, are we **SAFE**? Make sure the bike has reflectors (and lights if cycling at night). Don't ignore any loose or broken parts – they could ruin your day. Remember, everyone must wear an approved cycle helmet that fits them well. High-visibility clothing is a good idea too.



Robyn Wong
Mountain Biking Olympian

Movin' March

bike & helmet checklist

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

checking your helmet

Inspection
Inspect the shell and padding of the helmet – it should be in good condition and not be cracked or damaged. The cage and buckles should be intact and not loose or broken. There should also be a clear and approved sticker on the helmet. Examples of the approved stickers are shown right.

Fitting
To check the size of the helmet, where the shell is placed on the head, it should sit level and not be tilted. The chin strap should be fast and secure on the helmet, with the helmet sitting on the head. You should be able to pull the helmet back to expose the forehead or sit it forward of the forehead.

Chin and back straps should sit in straight lines from the side of the helmet, and meet on the chin. Buckles should be at the front of the chin. The chin strap should be snug and not excessively tight!

checking your bike

With your helmet on, take a few minutes to check your bike. Use this checklist to help you identify the parts of the bike which are affected by the checklist.

Bike & Helmet Checklist

If you would like more information on checking the condition of bikes or helmets download a Checklist from www.gw.govt.nz/safe2school or see one of the Movin' March bike shop partners, listed at www.gw.govt.nz/bikecheck for a **FREE CHILDREN'S BIKE SAFETY ASSESSMENT**.

For more on the rules of cycling see the Cyclist Road Code: www.nzta.govt.nz/resources/cyclists-road-code/index.html

Biking Champion's Checklist:

- We know how to check our bikes before we ride.
- We always check our helmets fits correctly before we ride.
- We always wear our helmets when riding our bikes.

Signed: _____ (Parent/Caregiver)

Date: _____

