



# Do the 3 minute safety check

Whether your child rides a bike, scooter, skateboard or rip-stick it is important that they are well maintained. Run through the 3 minute safety check with your child.



## Bike safety check

1. Make sure the wheels spin freely. Check that the tyres aren't worn or flat – they should be hard to squeeze. Fix any loose wheel nuts or broken spokes.
2. Spin the front wheel then apply the brakes. If the brakes are working, the wheel should stop turning.
3. Check the chain is clean and can move freely. It should be kept lightly oiled.
4. Check the handlebar is not loose, the ends are covered and the handgrips are secure.
5. The seat should sit flat and be in line with the bike. It shouldn't tilt or move. Check for cracks or broken springs.
6. Are the lights working? There should be a white headlight and red tail light on your bike. You also need to have a reflector at the front and rear, and on the pedals and wheels.
7. Ring your bell. Your bike must have a bell (or horn) that works.

## Scooter safety check

1. Check the brakes are working.
2. Check the steering column locks easily and doesn't collapse.
3. Check the handlebar grips are secure.
4. Check it has high ground clearance and a non-slip footboard.
5. Check there are no sharp edges.

## Skateboard safety check

1. Check the wheels are turning smoothly.
2. Check there are no broken parts or sharp edges.
3. Check that your child has a helmet and protective gear to wear.

## Rip-stick safety check

1. Check the wheels turn with ease.
2. Check the nose and tail platforms twist in each direction.
3. Check for unsafe construction, with sharp objects and finger-tightened mechanisms.
4. Check that your child has a helmet and protective gear to wear.

## What protective gear should my child have?

Falls due to loss of control are the most common cause of injuries for children riding bikes, scooters, skateboards and rip sticks, so it is important that they wear knee, wrist and elbow guards. These are designed to protect at point of contact and reduce injuries when children fall.

## Helmets protect heads!

Head injuries happen when riders hit nearby objects or can't break their fall. Make sure your child wears a bike helmet that fits their head, is lightweight, has good ventilation and is a colour that is easily seen in the traffic environment.

**That's it – you're done. Did your child's bike or wheeled device pass the safety check? If not, get it repaired straight away. Don't risk their safety.**

Thank you for playing a vital role in your child's road safety education.