



Government of Western Australia
Department of Transport
and Major Infrastructure

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move**
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**Aus
Bike**

AUSBIKE PARENT INFORMATION BOOKLET



CONFIDENT RIDER AHEAD

Your child is about to take part in an AusBike session at school. They'll get to grips with some essential bike riding skills, road safety smarts and even pick up some bike maintenance tips – all while having a blast. We've put together a handy guide of things for you and your child to do before their AusBike session:

1 Bring out your bike

Get your bike out, and make sure you've got it on a stable surface.

2 Go through your ABCs

One-by-one work through the ABCDE bike check below to make sure everything is in working order.

3 Make notes together

Write down anything you find during the bike check. Is everything a-OK, or does something need fixing?

4 Get any problems checked out

Flat tyres? Pump them up! Puncture? Get out that repair kit! Something more serious? Get in touch with an experienced rider or a local bike shop; they can help you fix any issues you've found.

5 Take a test ride

After everything's checked and fixed, take a short test ride to make sure your bike is in good working order.

6 Prep your things!

You'll need to bring your child's bike, their helmet, and a bottle of water to their AusBike session. And make sure their wearing closed toe shoes!

What to Bring:

- Your child's bike
- Their helmet
- A bottle of water
- Closed toe shoes



KNOW YOUR ABCs

Before you hop on your bike for a fun ride, it's essential to make sure your bike is safe to ride. The A-B-C-D-E bike check method will help keep your bike in tip-top shape. Time for some hands-on fun. Follow these steps below and check off each one as you go.

A is for AIR

Squeeze those bike tyres. They shouldn't be too soft or rock hard. Properly inflated tyres give a smoother and safer ride.

B is for BRAKES

Check the brakes. Hold the right brake on and try to push the bike forward. The front wheel shouldn't move. Now, hold the left brake on and do the same for the rear wheel. The bike should stop smoothly.

C is for CHAIN

Keep the bike's chain happy. Hold a brake and rotate the pedals. Does the chain move smoothly and quietly? If it's noisy or feels rough, it might need some oil.

D is for DROP

Lift the bike slightly and gently drop it back down. Listen closely. Do you hear any rattles or strange noises? If you do, it's time to find out what it is and fix the issue.

E is for END PLUGS

Check the ends of your handlebars. Do they have plugs? These end plugs protect you from sharp edges.

BIKE SIZES

Bikes come in lots of sizes to suit different riders and their riding skills. In this worksheet, you'll discover the importance of choosing the right bike size for a fun and comfortable riding experience.

Let's research which bike size suits different types of riding and riders' skill levels. Grab a sheet of paper, jump on a computer and follow these steps to conduct your research.

1. CHOOSE YOUR RIDING STYLE

Think about the type of riding you enjoy the most. Is it cruising through your neighborhood, performing tricks like a BMX rider, or tackling challenging mountain trails?

2. SELECT THE RIGHT BIKE SIZE

Depending on your chosen riding style, figure out which bike size would be most suitable. Use the information provided below to guide you:

- 16 inches: Small and great for BMX bikes, perfect for kids 3 to 6 years old.
- 20 inches: Good for many types of bikes like BMX's and small mountain bikes, usually for kids aged 5 to 8 years old.
- 24 inches: Ideal for a range of kids' bikes for kids aged 8-12 years old.
- 26 inches, 27 and a half inches, and 29 inches: Commonly seen on bigger mountain bikes for kids aged 8 years and older.

3. RESEARCH AND RECORD

Recall a time when you rode a bike in your chosen style. Write down information about the size of the bike that is required for that riding style and the skill level you think is needed. For example:

- If you love BMX tricks, you might choose a 20-inch BMX bike. You'll need to be skilled at balancing and performing stunts.
- If you enjoy leisurely rides around your neighborhood, a 27-inch bike would be perfect, and you don't need advanced skills.

BIKE STORAGE

There are different places you can store your bike, and each has its advantages. Let's explore these options and learn how to keep your bike safe and sound!

You'll need some writing paper and a pen for this activity. Imagine you have a shiny new bicycle, and it's up to you to decide where to keep it safe and sound. Here are some storage options to consider:

1. GARAGE

A garage is a great place to store your bike if you have one. It keeps your bike sheltered from the weather, which is good for its long-term health. Make sure it's locked securely to prevent theft.

2. PATIO

If you don't have a garage, a covered patio can be an excellent option. It provides some protection from the rain, but remember to use a sturdy lock to keep your bike safe.

3. BIKE SHED

Some people have a special shed just for their bikes. It's like a cozy home for your bicycle! It offers protection from the elements and keeps your bike out of sight from potential thieves.

4. PUBLIC BIKE RACK

When you're out and about, you might need to use a public bike rack. They're usually in busy places like parks or near stores. Always use a strong lock here to make sure your bike stays yours.

5. USING A BIKE LOCK

No matter where you choose to store your bike, it's important to use a combination or key bike lock. This adds an extra layer of security. Remember to lock the frame and at least one wheel to something sturdy like a post or a bike rack.

ACTIVITY

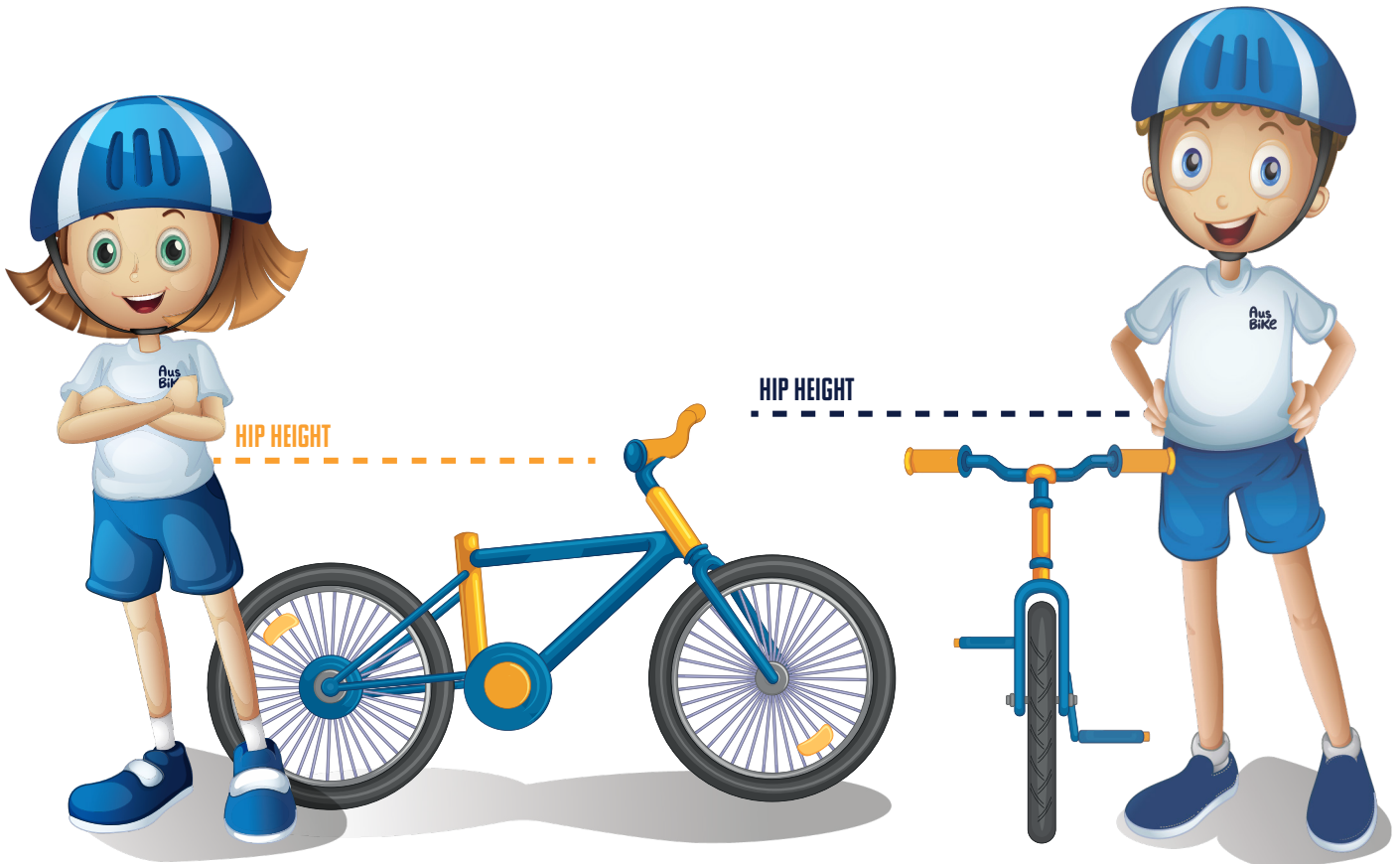
Now, it's time to reflect on the best place for your bike:

- Think about where you live and your family's preferences.
- Consider the weather in your area.
- Reflect on the level of security you need.

Draw a picture of your bike and write down the best place you think you should store it. Explain why you chose that place and whether you'll use a bike lock for added security.

SEAT HEIGHT

The right seat height can make your bike riding experience easier and more comfortable. The ideal seat height is based on the rider, to suit how tall they are and their riding styles.



REBECCA

Rebecca likes to perform tricks and jumps.

ADAM

Adam likes to ride fast on bike tracks.

Draw a bike seat for each rider that extends from their bike frames to the position that best suits their height and riding style. Explain why you chose that seat height on the lines below.

BIKE CHECK

Before you hop on your bike for a fun ride, it's essential to make sure your bike is safe to ride. The A-B-C-D-E bike check method will help keep your bike in tip-top shape.

Follow these steps below and check off each one as you go.


A-B-C-D-E METHOD

- A** is for **Air**. Squeeze your bike's tires. They shouldn't be too soft or rock hard. Properly inflated tires give you a smoother and safer ride.
- B** is for **Brakes**. Check your brakes. Hold your right hand brake on and try to push your bike forward. Your front wheel shouldn't move. Now, hold your left hand brake on and do the same for your rear wheel. Your bike should stop smoothly.
- C** is for **Chain**. Keep your bike's chain happy. Hold a brake while you rotate your pedals. Does your chain move smoothly and quietly? If it's noisy or feels rough, it might need some oil.
- D** is for **Drop**. Lift your bike slightly and gently drop it back down. Listen closely. Do you hear any rattles or strange noises? If you do, it's time to find out what it is and fix the issue.
- E** is for **End Plugs**. Check the ends of your handlebars. Do they have plugs? These end plugs protect you from sharp edges and keep your bike looking cool.

CHECK

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NOW, IT'S TIME FOR SOME HANDS-ON FUN

1. **BRING OUT YOUR BIKE:** Get your bike ready and make sure it's on a stable surface.
 2. **GO THROUGH THE A-B-C-D-E CHECKLIST:** One by one, perform the A-B-C-D-E bike check. You can even make a checklist on a piece of paper or use the one above.
 3. **MAKE NOTES:** Write down what you find during your bike check. Is everything A-OK, or do you need to fix something?
 4. **DISCUSS WITH A GROWN-UP:** Share your findings with a grown-up or an experienced rider. They can help you fix any issues you discovered.
 5. **TAKE A TEST RIDE:** After everything's checked and fixed, take a short test ride to make sure your bike is in excellent working order.
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AUSBIKE WEATHER POLICY FOR PARENTS

AusBike sessions are designed to run in most weather conditions. Riding in different environments helps children build confidence and resilience.

- **Rainy Days**

If your child's school has an undercover area suitable for riding, Bike Education will continue even if it is raining. Please ensure your child brings a rain jacket if the weather looks wet.

- **Extreme Weather**

In the case of extreme conditions such as storms, high winds, lightning, or extreme heat, sessions may be modified, moved to a safe area, or rescheduled if necessary.

- **Safety First**

Safety is always our top priority. Our instructors will make the final call on whether a session proceeds outdoors, indoors, or is postponed.

By preparing your child with appropriate clothing, closed-in shoes, and a correctly fitted helmet, you can help us make sure every session is safe, enjoyable, and a valuable learning experience.