pe03254_

**St. Joseph’s Junior School**

**Bike /Scooter Policy**

**Cycling for children**

Using a bike for the first time and learning to ride has been a rite of passage for generations of Irish children. Cycling is fun and sociable and, like swimming, a life-skill that stands to children in later years. Yet, like many activities, cycling carries an element of risk. Parents play an important role in minimising the risk by giving them proper guidance and instruction at an early age to ensure that basic safety rules are absorbed while young.

**Cycling safety for children**

It is important to teach children to be safe on the road from a very early age.

Always accompany children on or near roads.

Children under 12 should not cross the road alone.

Your child can learn good motor skills from using a bike. It can also be an enjoyable activity. You should encourage your child to cycle.

Safety is the most important thing to teach your child when they learn to ride a bike.

**Bike safety on the road**

To reduce the risks to your child when cycling:

* they should always wear a helmet that fits.
* they should wear reflective or high vis clothing.
* the bicycle's brakes, lights, reflectors, tyres and bell should be working.
* the bicycle should be the right size for them.
* they should not wear clothes that might get caught in the wheels or chain.
* Make sure your child knows how to cycle properly.
* Children should be aware of the workings of the bike, such as the brakes and the chain.
* Children under 12 years should not cycle on their own in or near traffic. It is too dangerous.
* If you plan to cycle on a public road with children, make sure that they have the skills and confidence to be safe. Teach them the importance of not taking any unnecessary risks.

-All RSA road rules concerning bicycles are to be followed. This includes the pedestrians’ right of way on footpaths. The bell should be used as a warning when approaching pedestrians. Please see RSA road safety brochure on the school’s website at [www.stjosephsjuniorschool.com](http://www.stjosephsjuniorschool.com)

-Bicycles ridden to school should be in good, safe working order and bicycles and be fitted with a bell.

-Children are to dismount the bike before entering the school grounds and walk their bicycles whilst on site to the bike racks.

-Bicycles and scooters are to be stored in the bike/scooter racks on the school yard. They must be locked with a chain and padlock supplied by the bicycle owner. Bicycles and helmets are brought and stored on site at the owner’s risk.

-Parents will support St. Joseph’s Junior School’s road safety education program by instructing their children in the rules of road safety and maintaining their child’s bicycle as a matter of routine. (see attached Bicycle and Helmet Safety Checklist).

-Parents will be notified if children do not adhere to the School’s Bicycle Policy. Students may be refused entry with their bicycles to the school grounds.

**Bicycle and Helmet Safety Checklist**

**Feature What are you checking for? How does your bicycle rate?**

Tyres *-firm tyres*

*-tread not worn and no canvas showing*

*-no bulges or cuts*

Bell / Horn *-sounds clearly and loudly*

Pedals *- rotates freely when spun*

*- rubber not showing signs of wear*

Lights and

reflectors *- secure, clean and shine brightly*

Brakes *- blocks not worn down when brakes applied*

*- bike wheel does not rotate when brakes*

*are applied*

Chain / Gears *- does not move more than 2.5cm when*

*lifted*

*- is well oiled*

Helmet *- Helmet shell and lining are not damaged*

*- Helmet straps, buckles are not damaged*

*- Helmet sits on top of the head (two fingers*

*width between eyebrows and helmet edge)*

*and can be firmly buckled under the chin*

Size of bike -*correct size for rider (see information below)*

**What is the right size of bicycle?**

The right size of bicycle:

• has controls within reach

• is comfortable for the rider

• has a level seat

• the rider’s feet should just touch the ground when the rider is sitting on the seat

• handlebars should allow for the arms to be slightly bent as the body leans slightly forward

• the bicycle is the right size if the rider can straddle the crossbar with both feet flat on the ground, otherwise the bicycle is too big and therefore, unsafe. There should be about 3 cm between the bicycle and the rider’s crutch for a medium or lightweight bicycle. For a BMX or mountain bike there should be a 10 cm gap. If there is no crossbar, make the test from where the crossbar would be.

**………………………………………………………………………………………………………………………………………………………**

**This policy was drafted by school management in conjunction with parents and staff. The policy was ratified by the Board of Management on \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.**

**Signed: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Fr. Ciaran Enright**

**Chairperson**

**pe03254_ St. Joseph’s Junior School Bicycle Permission Note**

I give permission for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(child’s name) to ride his/her bicycle/scooter to and from school.

* I have read and explained the bicycle / scooter information provided to my child.
* I have reviewed the Bicycle and Helmet Safety Checklist to check my child’s bicycle for roadworthiness and understand that it is my responsibility to keep the bike well maintained with all component parts working correctly.
* I understand that bicycles are brought to school at the owner’s risk.

Signed: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Relationship to child: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_

Please return this bicycle permission note to the principal.