

## Bike Safety Policy

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### NQS

QA2	2.1.3	Healthy lifestyle - Healthy eating and physical activity are promoted and appropriate for each child.
	2.2.1	Supervision - At all times, reasonable precautions and adequate supervision ensure children are protected from harm and hazard.

QA3	3.1.1	Outdoor and indoor spaces, buildings, fixtures and fittings are suitable for their purpose, including supporting the access of every child.
	3.1.2	Upkeep - Premises, furniture and equipment are safe, clean and well maintained.
	3.2.2	Resources support play-based learning - Resources, materials and equipment allow for multiple uses, are sufficient in number, and enable every child to engage in play-based learning.

### MTOP

LO3	3.2	Children take increasing responsibility for their own health and physical wellbeing
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### Aim

To ensure all children can participate safely in bike riding activities that promote physical activity, learning through play and collaboration with peers.

### Related Policies

Physical Activity Promotion Policy

Physical Environment (Workplace Safety, learning and Administration) Policy

### Implementation

The Nominated Supervisor will ensure:

- bikes at the service are suitable for the ages of children at the service
- comply with AS/NSZ 1927
- are regularly inspected and maintained

### Safety Assessment and Education

Before children can ride bikes at the service:

- the Nominated Supervisor will conduct a risk assessment to plan how bikes can be used safely in different locations at the service and take action to eliminate or minimise risk to children from bike riding
- the Nominated Supervisor will induct educators and staff in the safe use of bikes
- educators will:
  - teach children how to ride the bikes
  - teach children the bike safety rules
  - discuss bike safety behaviours and their expectations for consistent safe riding at the service

When children are riding bikes educators will ensure all children follow the bike safety rules consistently.

#### **Bike safety rules**

- all children wear properly fitting helmets that comply with AS/NSZ 2063
  - helmet can't be moved around on the head
  - chinstrap fastened firmly and not twisted
  - straps join in a 'V' just below the ears
  - helmets replaced after an impact or accident, or if materials split or deteriorate
  - sunhats worn under helmets in accordance with sun safe policy
- no child can ride a bike if an educator is not supervising them
- no child can collide with a stationary bike or one being ridden by a child
- children can only overtake other children if it is safe
- children who have finished riding must park their bike in the parking bay

## **Sources**

**National Quality Standard**

**Early Years Learning Framework**

**Kidsafe NSW - Bike tracks**

**NSW Transport – Safety on wheels**

## **Review**

The policy will be reviewed annually by:

- Management
- Employees



- Families
  - Interested Parties
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- Last reviewed: 25<sup>th</sup> March 2025      Date for next review: 25<sup>th</sup> March 2026