



Belmont Intermediate School

www.belmontint.school.nz office@belmontint.school.nz
Telephone: 489 4878



BE SEEN BE SAFE

2017

IN SIGNING THIS AGREEMENT, I WILL AGREE TO WEAR A HIGH VISIBILITY VEST WHEN RIDING MY BIKE TO AND FROM SCHOOL.

Name of student _____ Year ____ Room ____

Parent signature _____

Student signature _____

REMINDERS

- Concentrate when riding. **Don't listen to music when riding!** Use your eyes and look ahead and anticipate where motorists and pedestrians are going.
- Watch out for cars reversing from driveways!
- Don't think that pedestrians and road users have seen you. They might not have!
- Walk; don't ride your bike across pedestrian crossings.

BIS CYCLING RULES

- You must wear a helmet. It must sit firm and square on your head and must NOT be cracked.
- When you get to the school gates on Lake Road or the top of the driveway on Winscombe Street, get off your bike and walk it into the school grounds.
- It's your responsibility to keep your bike secure at school. You need to have a lock to secure it to the cycle stand.
- The school cycling policy is for normal bikes, that is, bikes with two wheels. No stunt bikes, skateboards, or unicycles.

BELMONT INTERMEDIATE SCHOOL

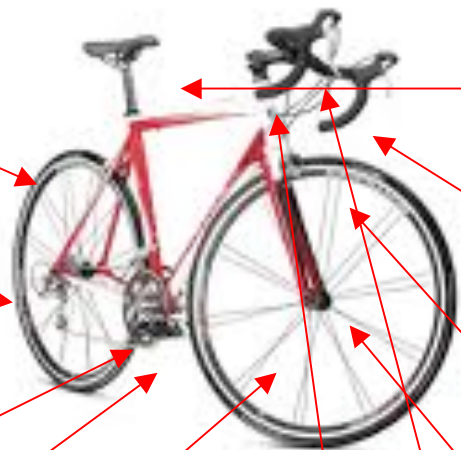
- ✓ *Bicycle Road Worthiness Check List 2017*
- ✓ *Permission to Ride To School Form 2017*
- ✓ *High Vis Vest*

To ride to and from school in 2017 this form must be completed and returned to the office and a high vis vest must be worn.

BIS needs to be assured that the bicycle and helmet are in good repair before permission is given to ride to school. Helmets should fit securely and **not** be cracked or damaged.

NOTE: A fluoro vest must be worn by the rider to and from school.

Bike Barn in Barry's Point Road will do a **FREE** cycle and helmet check if you wish. Their phone number is 486 2065.

<p>Both tyres are fully inflated</p> <p>Both tyres have tread on them</p> <p>Both gears change smoothly and chain is oiled</p> <p>Pedals are tight but turning freely</p> <p style="text-align: center;"><input type="checkbox"/></p>		<p>Seat is adjusted to the right height for the rider</p> <p>Brake cables are in good condition</p> <p>Front and back brakes work</p> <p>Wheel nuts or quick releases are tight.</p> <p style="text-align: center;"><input type="checkbox"/></p>
<p>Wheels are true and rotate freely</p> <p>All bolts securing handlebars are tight</p> <p style="text-align: center;"><input type="checkbox"/></p>		
<ul style="list-style-type: none">Please ensure your son/daughter knows about safe riding practices before riding to school.Check out the safest cycling route from your property to BIS. Is there a cycle-way?At school there are bike racks and it's the student's responsibility to secure his/her bike with a lock.		

I give _____ of room _____ permission to ride to and from school during 2017. I have completed the above checklist.

Signed _____ Phone contact/s during the day _____

Thank you.