



NESHAMINY SCHOOLS

Name (PRINT) _____

Bike # _____

Bike Contract

We are proud that Neshaminy School District is one of a few fortunate schools to have bicycling as part of the physical education curriculum. We wish to make this bicycling unit a fun and safe educational experience.

The following rules are necessary and important to a successful unit.

- You must wear a helmet anytime you are on a bike.
- You are responsible for conducting an equipment safety check at the beginning of each class. Report any problems to the teacher.
- No jumps, stunts or riding up or down curbs. (Mountain bikes are not made like BMX bikes and have wheels which will damage much easier)
- You are responsible to ride your assigned bike and return it to the proper storage area.
- You will need to stay with your class at all times.
- You must stay with your partner and riding group at all times. (if someone in the group has a problem, two riders may ride to the teacher to report the problem).
- If you become separated from your group, and are not sure where they went, stop and wait for them to come back. (if someone does not come back for you in a while, go back the way you came).
- Riding groups must look back to see if the group behind is with them. Don't leave the group behind. Tell the group ahead to slow down or stop.

I agree to be responsible for rules listed above, and any additional rules that might be added to this bike unit. I am responsible for my conduct and the equipment I use. I am responsible to encourage others to follow the rules and act responsibly. If I do not follow the rules I may be removed from the class and may face school disciplinary action. If I damage equipment I am responsible for paying for the costs incurred.

Signed: _____

Date: _____

Bicycling is a lifetime activity which can improve health, provide opportunities for social interaction and can be used for transportation. Safe cycling is an interrelationship between riding skills, application of safety practices and fitness. Biking challenges a person's ability to make serious adjustments based on terrain, equipment, personal skills and balance. The skills necessary to maximize safety are multidimensional due to the nature of different forms cycling (trail, road and BMX riding).