**Video Transcript**

*This is a video clip of the Charnwood-Dunlop School bike skills track.*

*The track was officially opened on the 31st July 2015.*

*This video features students learning about bike safety and demonstrating how to undertake checks of helmets and bikes before riding. The track has varying degrees of difficulty with beginner, intermediate and advanced track options through the incorporation of features such as berms, rollers and bridges. Safety advice in this video includes knowing your limits when riding, ensuring you always leave a safe distance between yourself and other riders, and giving way to riders you encounter at track junctions.*

*The location of the track is on the external school oval and can be accessed via the Cartwright street carpark. The track is a community resource and is available for the public to use outside of school hours. Students at our school use the track to support our involvement in the Ride and Walk to School program, they can also access the track as a lunchtime activity.*

*Other schools or organisations who wish to use the track during school time may make a booking by calling the Charnwood-Dunlop school front office on 6205 7322.*

**Script of footage text:**

* Charnwood-Dunlop School Bike Skills Track (0:20)
* Before riding…(0:24)
* Do the ‘ABC Tight Bike Safety’ Check list (0:27)
* A=Air, is there air in the tyres? Are the tyres in good condition (0:33)
* B=Brakes, Are the brakes in good working order? Note: bikes are required to have at least a working rear brake or they are not road worthy. It is better to have front and back brakes. (0:45)
* C=Chain, is the chain clean, oiled and firm? Does the drive train and derailleur spin freely? (1:02)
* Tight – Are the handlebars tight? Are the handlebars straight? Do the wheels and cranks move from side to side? Does everything stay in place with the 10cm drop test? (1:18)
* If a bike does not pass this checklist it is not safe to ride. (1:36)
* Mandatory equipment for cycling – Australian approved cycling helmet, Australian standard sticker should be on the inside of the helmet AS/NZS 2063), Bike that passes the ABC TIGHT test, Fully covered footwear, no thongs/sandals (1:43)
* If a student does not have the mandatory equipment they cannot ride. (1:53)
* The Three 2s Helmet Check = 2 fingers above eyebrow, 2 ear clips snug under ears, 2 fingers under chin strap (1:56)
* TIME TO RIDE! (2:25)
* The track: easy, intermediate, advanced, junction (2:41)
* Track features (2:59)
* Berms (3:04)
* Rollers (3:13)
* Bridges (3:26)
* If you veer off one of the bridges stay calm and safely enter an empty track lane (3:32)
* Track riding quick tips! (3:46)
* Choose the appropriate track difficulty for you - but don’t be afraid to challenge yourself! (3:50)
* Leave a safe gap between you and the rider in front (3:59)
* Be aware of nearby riders, communicate with others to avoid accidents (4:07)
* And don’t forget to have fun! (4:14)
* Charnwood-Dunlop School bike skills track is a community resource. Please take care of it! (4:28)
* To use the track during school hours or for groups please book through the school. Phone: 6205 7322, Fax: 6205 7321, Email: [info@charnwoodps.act.edu.au](mailto:info@charnwoodps.act.edu.au) (4:34)
* Charnwood-Dunlop School is participating in the Ride or Walk to School program (4:41)
* For more information and to see the full ABC TIGHT bike safety checklist visit <http://paf.org.au/safecycle> (4:46)
* Bike riders = Daniel, Elias, Kody, Kaine, Kyron & Lachlan (4:53)
* Supervising Teacher = Terry Eveston (4:57)
* Filmed & Edited by John Mayer (5:03)
* Music by Soundroll (5:06)