



Bike Safety Policy

- Issues services may consider/use if planning bike tracks or using existing tracks include:
 - different texture materials so children experience different vibration and sounds
 - road features which reinforce road safety eg line markings, pedestrian crossings, stop and give way signs, traffic lights
 - features like petrol stations, bus stops and gardens to encourage role play
- The Nominated Supervisor (NS) will ensure bikes are suitable for the ages of children, comply with AS/NSZ 1927, and are regularly inspected and maintained
- Before children can ride bikes:
 - the NS will conduct a risk assessment and eliminate or minimise risk to children
 - the NS will train educators and staff in the safe use of bikes
 - educators will teach children how to ride the bikes and the bike safety rules which include:
 - bikes are ridden in one direction only
 - all children wear properly fitting helmets that comply with AS/NSZ 2063
 - no child can ride a bike if an educator is not supervising.

- including at least 30 minutes of tummy time for non-mobile babies spread throughout the day
- Toddlers (1 to 2 years) engage in daily physical activity for at least three hours spread throughout the day
- Pre-schoolers (3 to 5 years) engage in daily physical activity for at least three hours spread throughout the day including at least one hour of energetic play
- Children younger than two years should not spend any time watching television or using other electronic media (DVDs, computer and other electronic games)
- For children two to five years of age, sitting and watching television and the use of other electronic media (DVDs, computer and other electronic games) should be limited to less than one hour per day
- Infants, toddlers and pre-schoolers should not be inactive or restrained for more than one hour at a time
- implement planned and spontaneous physical activities in indoor and outdoor areas
- support and promote new activities and those suggested by children and families
- participate in physical activity with children
- promote the benefits of a physically active lifestyle with children
- include activities with complex motor skills, and activities like dance and drama.

Physical Activity Promotion Policy

Educators will:

- implement the Federal Government’s Physical Activity Guidelines including the 24 Hour Movement Guidelines for the Early Years which recommend:
 - Infants (birth to 1 year) engage in physical activity from birth eg floor-based play several times a day

Do you have any feedback or comments about this policy? Please include below.

Educator’s Name	Educator’s Signature