



**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.

**Physical Activity Promotion Policy**

Educators will:

- Implement the Australian Government Physical Activity Guidelines for Children 5-17 Years, including:
  - At least 60 minutes of moderate to vigorous activity daily, with muscle and bone-strengthening activities.
  - Gradually increase activity levels for beginners.
  - Encourage a variety of fun, interest-based aerobic activities.
  - Limit screen time to a maximum of two hours per day during daylight.
- Engage children in both planned and spontaneous physical activities in indoor and outdoor areas.
- Support and promote new activities, including those suggested by children and families.
- Actively participate in physical activities with children, showing enthusiasm and modelling appropriate behaviour.
- Promote the benefits of a physically active lifestyle to children.
- Include activities that involve complex motor skills, as well as dance, drama, and creative movement.
- Ensure a balance of active and sedentary activities throughout the day, minimising sedentary behaviour unless children are tired or ill.
- Consult with families and resource agencies to provide physical experiences that reflect diverse backgrounds and abilities.
- Set up safe play spaces and involve children in organising physical play activities and equipment.

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

Educator's Name	Educator's Signature