



BIKE EDUCATION
RIDE WITH CONFIDENCE

BUILDING BIKES, BUILDING COMMUNITY

COMMUNITYBIKEHUB.COM.AU



At the Community Bike Hub, we believe bicycles are more than just a way to get around — they're a powerful tool for connection, inclusion, and opportunity.

We are a not-for-profit social enterprise based in West Footscray, committed to creating an inclusive, sustainable cycling culture through hands-on bike education, affordable services, and community engagement.

We proudly support locals, refugees, and those in need — helping people from all walks of life gain access to bikes, skills, and community.

We are an accredited Child Safe Organisation, and proud to be a certified Social Traders, a social enterprise powered by community organisation, Local Impact.





BIKE BASICS

Before you head out on a ride, you will need:

- A roadworthy bike
- A securely fitting helmet
- Enclosed footwear
- Lights
- A bell
- A lock
- A pump



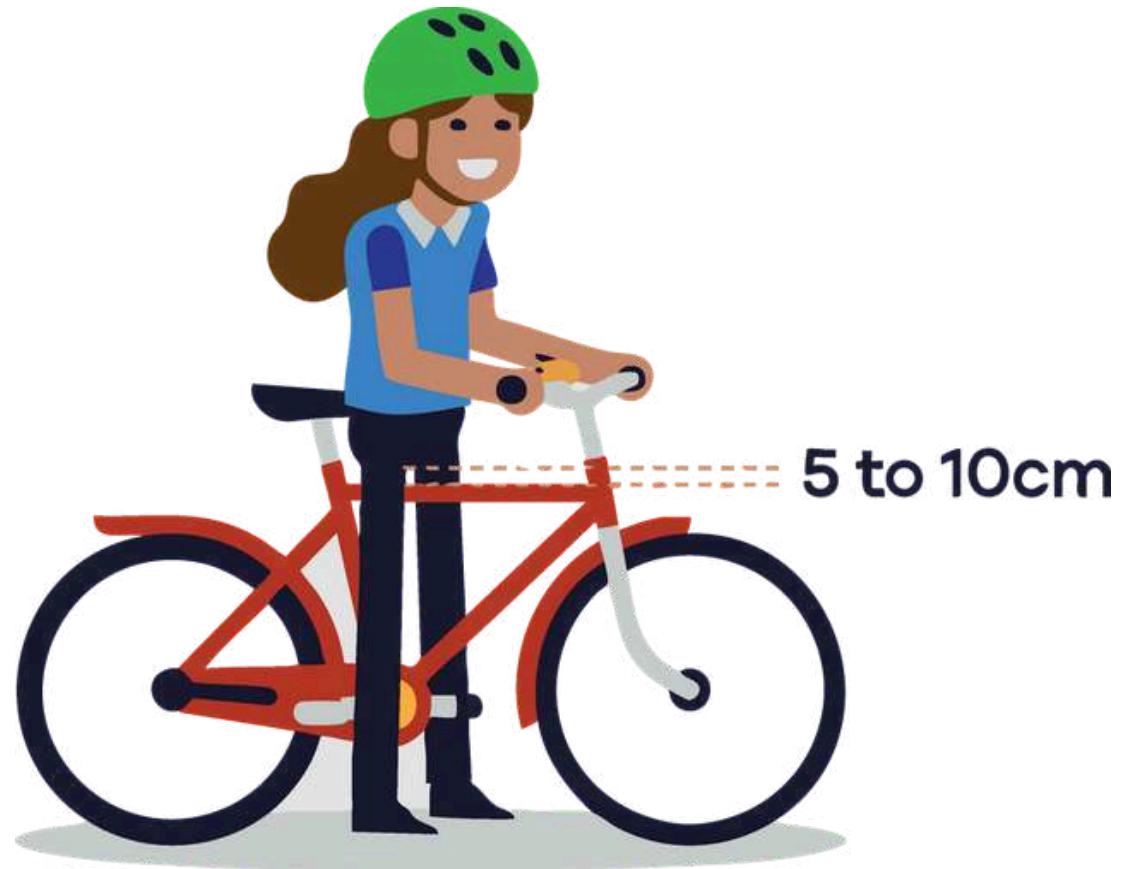


BIKE FIT GUIDE

It is important that your bike fits you.

You should be able to

- Comfortably reach the handlebars
- Comfortably squeeze the brakes when sitting
- Sit with your leg almost straight when the pedal is at its lowest point
- Touch the ground with the front of both feet when seated





ABCD BIKE CHECK

Before riding do a quick check

A – Air in your tyres

B – Brakes

C – Chain

D – Drop rear wheel lightly [10cm]
to check nothing is loose

+ Check your accessories and
for other loose bits

Watch this [video on how to](#)
[check your bike before your ride.](#)





HELMET FIT CHECK

Choose the right sized helmet:

- Check it meets the Australian/New Zealand safety standard
- Adjust your helmet using the two-finger test:
 - The gap between eyebrows and helmet should be no more than two fingers wide
 - The strap under your chin should be tight
 - The straps should make a 'V' that meets just under your ears



2 finger gap, eyebrows and helmet



Tighten helmet snug



2 fingers snug under chin



2 ear straps over ear, creating a v shape

PARKING AND LOCKING YOUR BIKE

If you need to leave your bike somewhere, make sure it is safe and secure.

Here are some tips for locking your bike:

- Secure your bike frame
- Lock to a bike parking hoop
- Park away from walking areas
- Park in a place you feel comfortable
- Look for parkiteer parking cages at train stations
- Park away from walking areas

Play this video: [keeping your bike secure.](#)



BUILDING CONFIDENCE ON THE BIKE

Take it easy

Brakes

Get used to using them

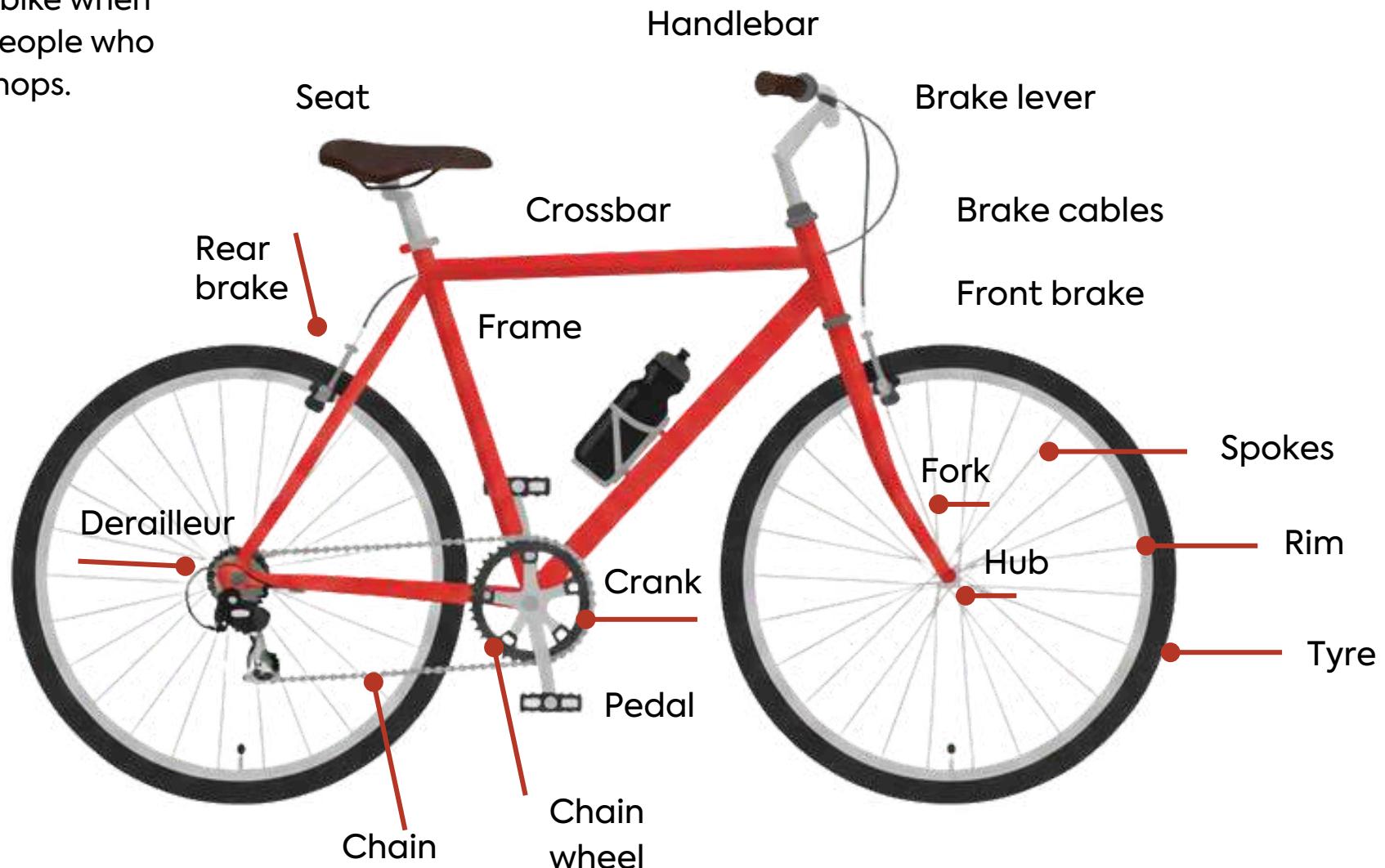
Gears

Use them to suit your
conditions / environment



PARTS OF A BIKE

It can help to know the names of the different parts on your bike when talking with people who work in bike shops.



PUMPING TYRES

Recommended air pressure

- Will be printed on side of tyre
- Will depend on type of bike you have

Valve types

Check the type of valve (Schrader or presta)

Use the right pump setting for your valve

Watch this video [how to pump up a tyre](#)

The recommended air pressure is generally printed on the side of the tyre. Some tyres are designed for relatively low pressure (between 35 and 65 PSI).



SAFE PLACES TO RIDE



- Parks Victoria
- Rail Trails Australia
- Ride High Country
- Trailmate
- Visit Victoria
- Public transport – travel with your bike

Explore the following websites:

[Parks Victoria](#) – riding in parks and reserves and [mountain biking trails](#)

[Rail Trails Australia](#) – includes 45 trails across Victoria

[Ride High Country](#) – rail trails and bike tourism in alpine Victoria

[Trailmate](#) – directory of mountain biking trails around Australia

[Visit Victoria](#) – bike tourism information bike hire and experiences.

Public transport can extend your riding horizons:

[Public Transport Victoria](#) – take bikes on public transport

[Parkiteer](#) – secure bike parking at train stations.



RIDING WITH BABIES

- Children are usually at least 12 months old
- Young children carried on a bike must be strong enough to support their head while wearing a helmet.
- This strength is needed when going around corners, over bumps, and when braking
- Children must sit on a seat designed for them.
- Age restrictions do not apply legally, but the manufacturer of the bicycle passenger seat may have age or weight restrictions.





RIDING WITH BIGGER CHILDREN

Starting out

- Parks and trails
- Start easy and keep it fun
- Go slowly
- Plan ahead
- Options to change or stop

Road safety learnings

- Model good riding behaviour
- Practise riding skills together
- Teach children to beware of hazards
- Start small when introduction new information and skills



TEENAGERS RIDING INDEPENDENTLY

Footpath Rule: Teenagers (over 12 years) are not allowed to ride on footpaths in Victoria.

Preparation is key: Start teaching children on-road skills and road rules from a young age to prepare them for safe street riding as teenagers.

Tips for Parents/Guardians:

- Discuss road rules for bikes and general road users early on
- Practice safe riding together
- When they ride alone, discuss their planned route and how to handle challenging sections
- Consider enrolling them in practical bike riding skills courses for on-road riding





BIKE RIDING RULES

- You must wear a helmet
- By law, your bike must be fitted with:
 - A rear red reflector
 - A bell
 - At least one working brake
 - Front & rear bike lights [for when riding at night or low light]
- Only use a mobile phone if it is 'hands-free' Mobile phones must be fixed to your bike or in your pocket or bag.
Pull over if you need to call or text

[More information about helmets, helmet laws and exemptions.](#)





RIDING ON THE FOOTPATH

RULES WHERE YOU CAN RIDE

Riding on the footpath

Children aged 12 years or younger can ride on footpaths. People older than this may ride on a footpath if they are riding with a child aged 12 or younger.

Adults aged 18 years or older can also ride on the footpath with a young child in a bike seat attached to the bike.

People riding on footpaths must always give way to pedestrians.



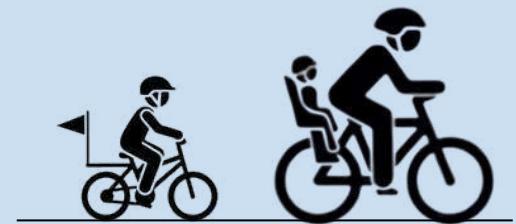
12 YEARS OR YOUNGER



12 YEARS OR YOUNGER WITH ADULT



CHILD IN BIKE SEAT ATTACHED ADULT BIKE



ANYONE OLDER THAN 12 YEARS





RULES FOR RIDING ON THE ROAD

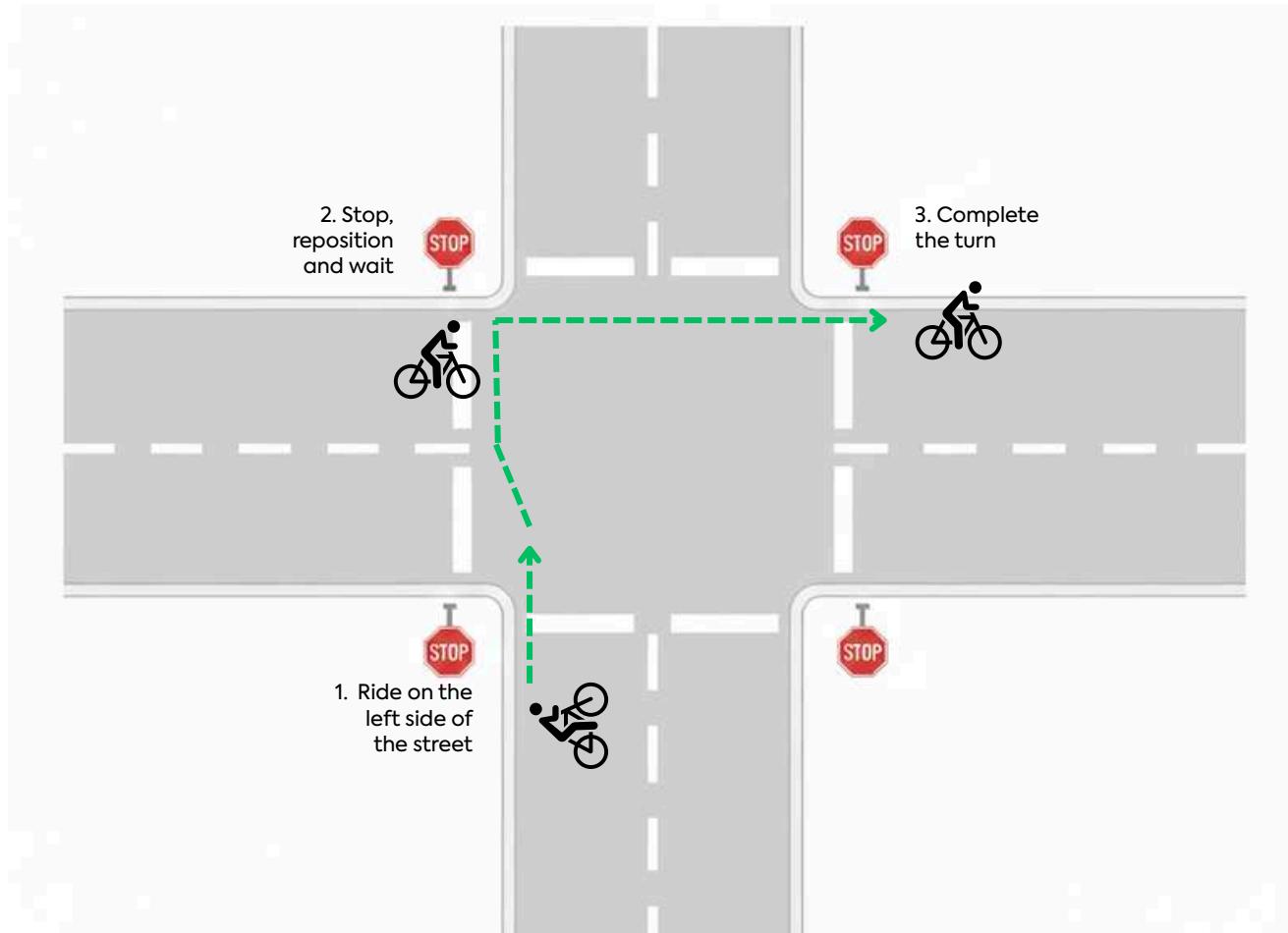
The basics Bike Law [handbook](#)

This outlines;

- Signalling
- Riding in a traffic lane
- Using pedestrian crossings
- Using hook turns to turn right

Watch this [hook turn video](#)

HOOK TURN TURNING RIGHT





BUILDING BIKES, BUILDING COMMUNITY



FOLLOW US



ENEWS

The Community Bike Hub is a Not-for-Profit with focuses on sustainability, active transport, education, community support and contributing to a circular economy.

To see how to get involved and for all general enquiries contact us at
info@communitybikehub.com.au

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