

Helmet, Clothing and Footwear Safety Checklist

Participant Name:			
Any repairs or adjustments need to be completed by (Date):			
Helmet <u>must</u> be replaced if it cannot be correctly fitted or shows any signs of damage or wear.			
YES	NO	ITEM	COMMENTS
		1. Standard Approved helmet (meets AS/NZS 2063).	
		2. Condition of outer shell Not damaged or cracked.	
		3. Condition of inner shell Not damaged or cracked.	
		4. Straps, buckles, fasteners Straps not torn, frayed, clips/buckles not broken.	
		5. Fit Squarely positioned on head, facing correct way. Front rim of helmet sits 2 fingers above bridge of nose. Straps adjusted so no twists and no slack when buckle securely fastened under chin. Side straps form a "V" shape with point just under ear lobe. Correct size (sits down firmly and comfortably on head without moving forwards or backwards or side to side)	

FOOTWEAR AND CLOTHING

YES	NO	ITEM	COMMENTS
		1. Footwear If cycling specific shoes with cleats, cleats in good condition If non-cycling specific shoes, enclosed toes, firm, flat soles.	
		2. Clothing Close fitting – won't catch in moving parts Appropriate for weather conditions – heat/cold, indoor and outdoor	