

**** Please check your child's bike before they attend training ****

Bike Check:



1 & 2: Brakes and Cables

- Do they work?
- Check blocks are in the right place
- Blocks should not be touching the tyre
- Blocks should not be badly worn out
- Cables should not be frayed or broken

3: Tyres

- Make sure they are pumped up
- Not worn or damaged

4 & 5: Wheels and Spokes

- Should not be damaged
- Should not be buckled or loose

6: Lights (if fitted)

- Clean and working
- Not loose or incorrectly positioned

7: Reflectors (if fitted)

- Should not be broken or dirty

8 & 9: Steering and Handlebars

- Should not be loose
- Should have good grips and end plugs
- Should not be too high or too low

- Does it work?

11: Frame and Forks

- Not rusted, damaged or bent

12: Pedals

- Must spin freely
- Not be damaged or broken

13: Saddle

- Adjusted for height
- Tightened

14 & 15: Chain & Gears

- Not too loose or too tight
- Lubricated and not rusty

16: Mudguards (if fitted)

- Make sure do not catch moving parts
- Make sure not loose

General:

- Bike should not be too big or too small

Helmet:

- Should be British Standard approved
- Should fit correctly

For further information and video go to: www.bikeability.org.uk/bikeability-training/get-ready/