

Bikeability Pre-Training Checklist



Please check your child's bicycle before the start of the course. If, in the opinion of the instructor, the bicycle is not roadworthy, pupils will not be able to participate in the course. Faults are often easily put right but occasionally a new part from a bike shop is required so please check your child's bike well in advance. Here are some tips to help you:

Bicycle Checklist

Please tick off the bicycle, helmet and clothing checks below:

1. MECHANICAL CONDITION:

Check all parts are tight and are in good repair.

2. FRAME:

Is the frame the appropriate size for your child?

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Official cycling retail partner of Bikeability

Halfords and many other local bike shops offer free bike checks for Bikeability participants.

3. SEAT POST:

Riders should be able to touch the floor comfortably with their toes whilst sat on the saddle.

4. REACH:

The rider must be able to comfortably reach and operate the brake levers.

5. HANDLEBARS:

Check the handlebars can't be twisted out of line with the wheels and are straight.

6. WHEELS:

Check spokes are not broken or loose and both wheels run freely.

7. BRAKES:

Ensure both front and rear brakes work properly.



8. GEARS:

Check all gears change easily. Fixed gear bicycles are allowed too.

9. CHAIN:

Clean and oil your chain to ensure it is running smoothly.

10. TYRES:

Check tyres are fully inflated with plenty of tread and no bald patches.

Helmet Checklist



- 1. The helmet should conform to BS EN 1078:1997 or equivalent (check sticker inside the helmet);
- 2. It should fit snugly all around the head;
- 3. Use adjuster at the back, pads and/or straps to achieve a closer fit;
- 4. It should rest about 1 inch above the eyebrows;
- 5. It should be level, not tilted backwards and cover the forehead;
- 6. The straps of the helmet should be adjusted to form a "Y" just under the ear of the child; and
- 7. The fastened buckle should rest just under the chin and should be snug enough to pull down slightly on the helmet when the child opens their mouth wide.

Clothing Checklist

Please ensure that your child will be dressed appropriately for the weather conditions each day:

- 1. **WINTER:** Your child will need gloves, a coat and warm clothes to change into for the training.
- 2. **SUMMER:** Your child will need sun cream and a water bottle.