

# Bikeability – 17<sup>th</sup> & 18<sup>th</sup> October

## Cycle & Helmet Checklist

Please check your child's cycle before the start of the course. If the bicycle is not roadworthy, pupils won't be able to participate in the course. Faults are often easily fixed but occasionally a new part from a bike shop is required so please check your child's cycle well in advance.

### Cycle Checklist

Please tick off the cycle checks below:

#### 1. MECHANICAL CONDITION:

Are the saddle, handlebars and wheel fixed on tight?

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#### 2. FRAME & SEAT POST:

Is the frame the appropriate size for your child?

Can your child comfortably touch the floor with their toes whilst sat on the saddle?

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#### 3. BRAKES:

Does the cycle have a working front and rear brake capable of stopping the cycle?

Can your child comfortably reach and operate the brake levers?

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#### 4. TYRES:

Are both tyres inflated to the required tyre pressure stamped on the side of the tyre?

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#### 5. CHAIN:

Have you cleaned and oiled the chain?

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#### 6. GEARS:

If present, do the gears change smoothly without any delays?

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Did you know? Many local bike shops offer free cycle checks for Bikeability participants.



For advice and videos on checking cycles, helmets, and clothing before a course, please visit our website: [www.outspokentraining.co.uk/parental-information/](http://www.outspokentraining.co.uk/parental-information/)

Please make sure your children wear appropriate outdoor clothes and don't forget a cycle helmet. Thank you!