

Bike Check Notes

Parents should check their child's cycle before the start of the course. If, in the opinion of the instructor, the cycle is not roadworthy, pupils will not be allowed on the course. Faults are often easily put right but occasionally a new part is required. We would therefore like to draw your attention to the following:

FITTING

Check that the frame fits the child and that the saddle and handlebars are at a comfortable height. Adjust both these at intervals as the child grows.

SADDLE HEIGHT:

With the pedal at its lowest point (see picture), place heel on the pedal. The leg should be straight. Our instructors may adjust the seat as part of the training.

REACH: Cyclists should feel balanced on their bikes. Not stretching too far forward yet not too close to their handlebars. The rider should be able to comfortably reach and operate the brake levers on the

HANDLEBAR HEIGHT:

The lower the handlebars, the more weight goes forward and vice versa. The angle of the saddle has a



Check List		Checked?
MECHANICAL CONDITION	A mechanically sound cycle is a safe cycle. Make sure that all parts are in good repair and there are no parts are loose.	<input type="checkbox"/>
WHEELS AND TYRES	Tyres must be inflated to the correct pressure which is usually stamped into the moulding of the tyre wall. As on cars, worn tyres can cause punctures. Tyres must have a reasonable amount of tread and there should be no bald patches. The side walls should have no splits or bulges. Wheels should have no cracks or broken spokes; quick releases levers and bolts should be closed tightly.	<input type="checkbox"/>
BRAKES	Cycles must have two working brakes which must stop the cycle. Brake blocks and cables should be in good condition and brake levers adjusted so that they can be operated with the minimum amount of pull. If the levers touch the handlebars in the 'on' position, the cables are too slack. Levers should be so placed that the child's fingers curve easily around them whilst the palm of the hand is on the grips. There is a variety of levers available, be sure that the ones fitted are suitable for your child.	<input type="checkbox"/>
CHAIN	Should be oiled, the correct size for the cycle and have no stiff links.	<input type="checkbox"/>
SADDLE AND SEAT POST	Saddle not loose, must be straight, roughly horizontal and at the correct height for the rider. Seat post not loose or over maximum limit.	<input type="checkbox"/>
BEING SEEN	It is important that both the cycle and the rider can be seen by other road users. Cycles must always have at least a red rear reflector and if your child intends to ride in the dark or in poor weather conditions, then they must also have lights. The use of high visibility fluorescent and reflective garments is strongly recommended. During the on road course pupils will be provided with a fluorescent safety tabard.	<input type="checkbox"/>
BELL	We suggest that a bell or alternative warning device is fitted. The correct position is on the left of the handlebar within easy reach of the grip.	<input type="checkbox"/>
HELMETS	Helmets must conform to BS EN 1078:1997 or equivalent.	<input type="checkbox"/>