

Bikeability Learn to Ride – Bike and Helmet Checklist

Please check your child's bicycle before the start of the course. If, in the opinion of the instructor, the bicycle is not suitable, pupils will not be able to participate in the training. 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:

SADDLE HEIGHT:

For Learn to Ride sessions, we need plenty of room for saddle height adjustment:

1. The saddle must be able to be lowered so riders have their feet flat on the floor whilst seated.
2. The saddle must be able to be heightened so riders can comfortably touch the floor with the toes whilst seated.

REACH:

The rider should be able to comfortably reach and operate the brake levers on the handlebars.

HANDLEBAR:

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

Bar ends must not be exposed.



HELMET CHECKLIST:

- It should conform to BS EN 1078:1997 or equivalent (check sticker inside the helmet);
- It should fit snugly all around the head;
- Use adjuster at the back, pads and/or straps to achieve a closer fit;
- It should rest about 1 inch above the eyebrows;
- It should be level, not tilted backwards and cover the forehead;
- The straps of the helmet should be adjusted to form a "Y" just under the ear of the child; and
- 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.

Checklist

- 1. **Mechanical Conditions:** Are all the parts tight and in good repair?
- 2. **Frame:** Check that the frame fits your child's height (BMX bikes can be used)
- 3. **Tyres:** Are they fully inflated with plenty of tread and no bald patches?
- 4. **Wheels:** Check spokes are not broken/loose and both wheels run freely.
- 5. **Chain:** Is the chain oiled and not too loose/tight? Check all gears can be changed easily. Fixed gear bikes are allowed.
- 6. **Brakes:** Do both brakes stop the cycle with the minimum amount of pull on the brake levers?
- 7. **Brake Levers:** Are the brake levers positioned so your child's fingers curve easily around them whilst the palm of their hand is on the grips?
- 8. **Saddle:** Is the saddle straight, roughly horizontal and the correct height for the rider?
- 9. **Seat Post:** Does the saddle height have plenty of room for adjustment (see saddle height advice above).
- 10. **Stabilisers Removed:** Have you removed your child's stabilisers?
- 11. **Helmet:** Have you gone through the 'Helmet Checklist' above and fitted the helmet to your child?
- 12. **Clothing:** Please ensure that your child will be dressed appropriately for the weather conditions each day:
 - **Winter:** Your child will need gloves, a coat and warm clothes to change into for the training.
 - **Summer:** Your child will need sun cream and a water bottle.