

# Bikeability Checklist

Please check your child's bike before the start of the course. If the bicycle is not roadworthy, pupils won't be able to participate in the course. Due to Covid-19 our instructors can't make big adjustments and pupils can't borrow another child's bicycle. Faults are often easily fixed but occasionally a new part from a bike shop is required so please check your child's bike well in advance.

## Bicycle Checklist

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

### 1. MECHANICAL CONDITION:

Are the saddle, handlebars and wheel fixed on tight?

### 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?

### 3. BRAKES:

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

Can your child comfortably reach and operate the brake levers?

### 4. TYRES:

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

### 5. CHAIN:

Have you cleaned and oiled the chain?

### 6. GEARS:

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

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



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

## Helmet Checklist



- 1. Does the helmet conform to BS EN 1078:1997 or equivalent (check sticker inside the helmet)?
- 2. Does the helmet sit comfortably on the top of your child's head?
- 3. Is the peak of the helmet sitting about two finger widths from your child's eyebrows?
- 4. Do the side adjusters sit just below your child's ears forming a nice V on either side of their head?
- 5. When done up, does the chin strap allow for two fingers to fit between the buckle and your child's chin?

## Clothing Checklist

**PLEASE ENSURE YOUR CHILD HAS A WAY OF CARRYING WATER BOTTLES, MEDICATION, ETC SUCH AS A BACKPACK.**

If your child has their own Hi-Viz, please send this to school with them so they can wear this for training.

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

1. **WINTER:** Gloves, a coat and extra warm clothes to wear during the training.
2. **SUMMER:** Sun cream and a water bottle.