

# Bikeability Bike 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:

## 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 handlebars.

## SADDLE HEIGHT:

With the pedal at its lowest point (see picture), place heel on the pedal. The leg should be straight.



## HANDLEBAR HEIGHT:

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



## HELMET:

- It should fit snugly all around the head;
- Use 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. The front strap should be as vertical as possible; and
- The fastened buckle should rest just under the chin, not on the jaw line 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
- 3. **Tyres** Are they fully inflated with plenty of tread and no bald patches?
- 4. **Wheels** Check spokes are not broken or loose and that both wheels run freely.
- 5. **Chain** Is the chain oiled and not too loose or too tight? 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** Is the saddle the correct height for the rider with the seat post tight and not over the maximum limit?
- 10. **Helmet** Have you checked for cracks, frayed straps and that it conforms to BS EN 1078:1997 or equivalent?

Please note that BMX bikes can be used on this course.