

Bicycle Check Guide

Handlebars: The safety mark on the stem should not be visible, and the handlebars should not move independently of the front forks.

Front & rear brakes: Brakes should be checked every time before you ride. When sitting on the saddle you must be able to operate the brake levers without taking your hands off the handlebars.

Frame/forks: Cracks and fractures in the frame can be very dangerous.

Wheels and pedals: Spin the wheels gently one at a time. They should spin freely without rubbing against the forks or brakes. The pedals should spin freely.

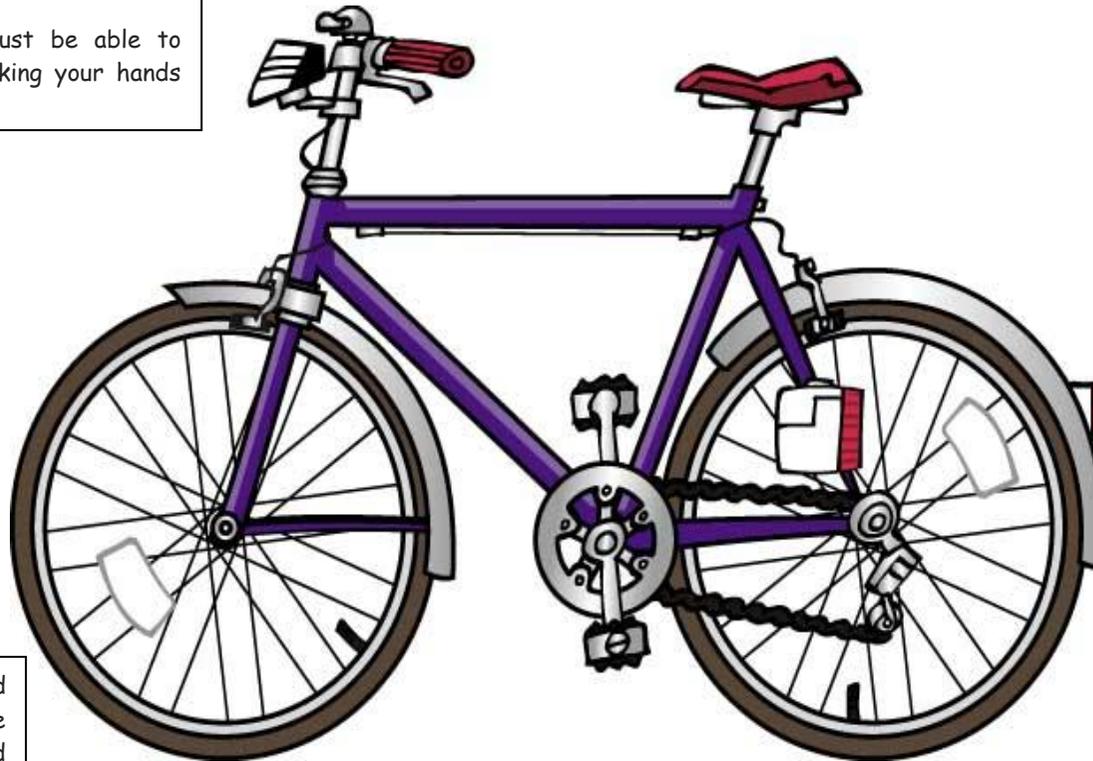
Chain: Oil the chain about once a month.

Front and Rear Tyres: Tyres should always be pumped up hard. Examine the tyre tread for worn or bald patches.

Gears: Gears easily get clogged up with dirt so keep them clean. Check the cables for fraying.

Size of bicycle: When sitting on the saddle you should be able to touch the ground with the toes of both feet at the same time.

Saddle: The safety mark on the stem should not be visible. Check the saddle nuts are fully tightened



The correct way to fit your helmet:

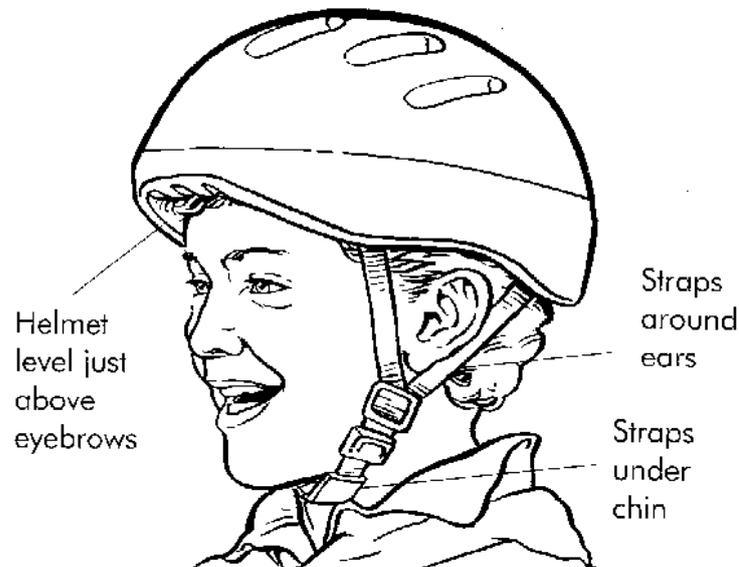
- Your bicycle helmet should feel comfortable, not too tight and have a slight amount of movement.
- The bicycle helmet should always sit on the top of your head, not on the back.
- Adjust the straps under your ears first. The buckle should be just under the lobe of your ear.
- Finally adjust the chinstraps for a comfortable fit.
- Try the **thumb test**: place your thumb under the front of your helmet and push hard. If the helmet moves to the back of your head it is too loose and will not be any use at all.
- Although instructors may offer advice on the correct fitting of bicycle helmets they are unable to adjust a child's helmet themselves. This is for insurance reasons.





Cycle helmets

The correct way to fit your helmet



- Your cycle helmet should feel comfortable, not too tight and have a slight amount of movement.
- The cycle helmet should always sit on the top of your head.
- Adjust the straps under your ears first (see diagram) the buckle should be just under the lobe of your ear.
- Finally adjust the chinstraps for a comfortable fit.
- Try the 'THUMB' test. Place your thumb under the front of your helmet and push hard. If the helmet moves to the back of your head it is too loose and will not be any use at all.
- Although instructors may offer advice on the correct fitting of cycle helmets they are unable to adjust a child's helmet themselves. This is for insurance reasons.