

# North Yorkshire County Council

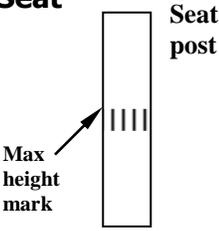
## Bikeability cycle training

### Cycle Helmet and Bicycle Check List

Name of pupil:

Date:

Parent/guardian:

BIKE PART	PROCEDURE/REQUIRMENTS	CHECKED OK (please tick)
<b>Wheels</b>	Wheels should be firmly attached to bike. Spokes should be straight and not damaged	
<b>Tyres</b>	Should have good tread and be pumped up so that they are firm. Tyres should not worn, smooth or damaged, punctures should be repaired	
<b>Brakes</b>	Both back and front brakes should work independently. When the bicycle is pushed and a brake applied the respective wheel should lock.	
	Ensure brake cables are not frayed otherwise Instructor will be unable to adjust if needed.	
<b>Steering</b>	Handlebars should move in line with front wheel. Tightly hold the front wheel whilst trying to turn the handlebars- they should not move.	
	There may be a maximum height mark or line on the handlebar post which should not be visible otherwise the post may snap or drop out.	
<b>Seat</b> 	For optimum performance, the saddle should be at the correct height so that when the cyclist is seated the balls of both feet can just touch the ground.	
	However, the maximum height mark or line on the seat post <b>should not</b> be visible as the post may snap or drop out making the cycle unsafe to ride.	
	No sideways movement should be possible when the saddle is firmly twisted.	
<b>Chain</b>	Chain should be clean and lightly oiled to work correctly.	
<b>Gears</b>	If gears are fitted, ensure they are adjusted correctly for slow to moderate speed cycling.	
<b>Red Rear Reflector</b>	To go on the road, bikes must have a rear red reflector on the back of the bike.	
<b>Cycle Helmet</b>	We require all pupils to wear a cycle helmet with an EN safety standard number (EN 1078 or SNELL B 95). The helmet should fit firmly with straps adjusted so that it will not move when the child shakes/nods their head.	
	The helmet should sit in a straight line, parallel to the ground when your child is standing. This ensures it protects their forehead if they were to fall off.	
	Damaged helmets, full face motor bike style helmets or helmets used for activities other than cycling are not permitted.	

**Before training starts all equipment must be in safe working order. Please return this form together with the signed consent form.**

**If in doubt contact your local bike shop.**