

## North Yorkshire County Council Bikeability Cycle Training

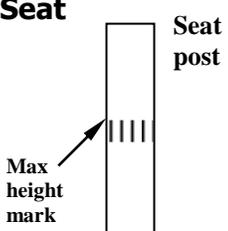
### Cycle Helmet and Bicycle Safety Check List

Name of pupil:

Date:

Pre-course check completed by:

(Parent/guardian/other)

BIKE PART	PROCEDURE/REQUIREMENTS	Pre-course check (please tick to confirm OK)	Comments
<b>Wheels</b>	Wheels should be firmly attached to bike.		
<b>Tyres</b>	Should have good tread and be pumped up so that they are firm. Tyres should not be, worn, smooth, cracked or damaged. Punctures should be repaired.		
<b>Brakes</b> (By Law, 2 efficient brakes <b>must</b> be fitted to ride on the road)	Both back and front brakes should stop the bike independently. When the bike is pushed and one brake applied the respective wheel should lock.		
	Ensure brake cables are not frayed or rusty as the Instructor will be unable to adjust if needed.		
<b>Steering/ Handlebars</b>	Handlebars should move in line with front wheel. Tightly hold the front wheel still 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. The post may snap or drop out if fixed too high.		
<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. 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>Cycle Helmet</b> 	We require all pupils to wear a standard, good quality, cycle helmet, with an EN safety standard number (EN 1078 or SNELL B 95). The helmet should be fitted 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.		

**To take part in the Bikeability course your child's helmet and bike must be in safe working order. If your child's bike or helmet is found to be unsuitable they may be asked to leave the course for safety reasons.**

**Please carry out the pre-course check and adjust your child's helmet and bike as required using the above guidelines. If in doubt contact your local bike shop.**

**Please complete this form and return it to school.**