



Bicycle Checklist

The bicycle must be clean, roadworthy and of a suitable size for the rider. If it is not, the trainee may be refused enrolment on the course.

The following checks should be undertaken at home prior to each cycle journey and before each training session.

Fitting

- Check the rider's toes can touch the ground, on both sides, when sitting on the saddle.
- When stood over the cross bar with feet flat on the ground there should be at least 5cms clearance, below the groin.
- Knees should not be able to touch the handlebars.
- Check that the seat and handlebars are not raised above their safe limits (there will be a marking showing on the seat or handlebar post if so).

Wheels & Tyres

- Check that the wheels don't wobble from side to side.
- Spin each wheel in turn (it's easier if turn the bike upside-down) and watch them as they spin to see if they're wonky, or if the tyres bulge out in a certain place.
- Check if the tyres worn or if there are any cracks in them.
- Make sure the tyres are pumped up hard.

Steering

- Check the handlebars turn smoothly, without getting stuck.
- Check that the handlebars are in line with the front wheel, and cannot be twisted out of line.
- Check handlebar end caps fitted.

Brakes

- Check that the right-hand lever works the front brake. Roll the bike forward while standing beside it, and pull the front brake. The back wheel should lift off the ground.
- Check that the left-hand brake lever works the back brake. Roll the bike backward while standing beside it, and pull the back

brake. The front wheel should lift off the ground.

- Check that the brake pads (the rubber blocks that grip the wheel) touch the metal rims of the wheels and not the tyres.
- Check that the rider's fingers can easily cover the brake levers when sat on the bike.
- With the brakes pulled tight, check that two fingers can fit between the levers and the handlebars. If not then the brakes may need tightening.
- Check that the cables are not frayed.

It is a legal requirement to have two working sets of brakes.

Pedals

- Flick the pedals – they should spin freely.
- Hold a crank (the arms which hold the pedals) and check that it doesn't wobble from side-to-side.

Gears and Chains

- Check that all gears and chains change easily. It is dangerous to have a bike that could jump out of gear without warning.
- Make sure the chain is well oiled, and is not so slack that it jumps when pedalled hard.

Helmet

- The helmet must fit securely and snugly. When adjusted correctly there should not be a space to put more than two fingers between chin and strap.

Accessories

- Check that any bags are securely fixed and don't get in the way of wheels, legs or any lights. The bike must have a rear reflector – it a legal requirement by night, along with a front and rear light.

Only carry out necessary adjustments or repairs if you know what to do. If you are unsure, take the bike to a reputable bike shop for help and advice. Lights are not necessary for the Y4 sessions.