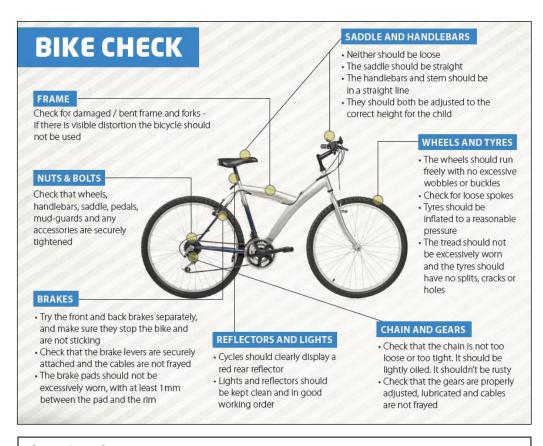
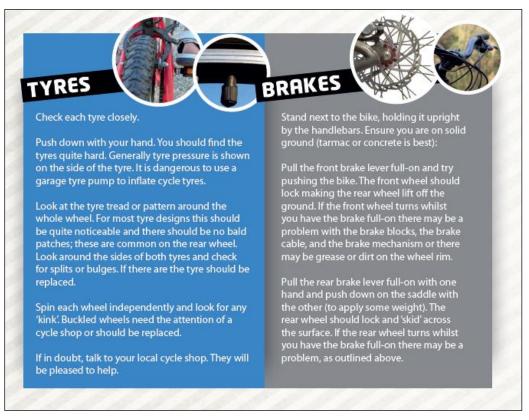
Cycle Training







Clothing Check

Look out for:

- Baggy clothing—this can get caught in moving parts
- Trousers and tracksuit bottoms should be tucked in to prevent them becoming entangled in the chain
- All cyclists must wear sensible shoes, with shoe laces tucked in
- The clothing must be appropriate for the weather e.g. warm and or waterproof

Helmet check

- Make sure it is the right way round!
- The front strap should be as vertical as possible and the rear strap should join the front strap just below the ears (forming a 'V' shape)
- The helmet should fit comfortably on the head with very little movement
- If you can slide the helmet off the head either backwards or forwards you need to tighten the straps
- Although not required by law, we strongly recommend the use of helmets for adult cycle training