

Cycle Training

BIKE CHECK

FRAME

Check for damaged / bent frame and forks - if there is visible distortion the bicycle should not be used

NUTS & BOLTS

Check that wheels, handlebars, saddle, pedals, mud-guards and any accessories are securely tightened

BRAKES

- Try the front and back brakes separately, and make sure they stop the bike and are not sticking
- Check that the brake levers are securely attached and the cables are not frayed
- The brake pads should not be excessively worn, with at least 1mm between the pad and the rim

REFLECTORS AND LIGHTS

- Cycles should clearly display a red rear reflector
- Lights and reflectors should be kept clean and in good working order

SADDLE AND HANDLEBARS

- Neither should be loose
- The saddle should be straight
- The handlebars and stem should be in a straight line
- They should both be adjusted to the correct height for the child

WHEELS AND TYRES

- The wheels should run freely with no excessive wobbles or buckles
- Check for loose spokes
- Tyres should be inflated to a reasonable pressure
- The tread should not be excessively worn and the tyres should have no splits, cracks or holes

CHAIN AND GEARS

- Check that the chain is not too loose or too tight. It should be lightly oiled. It shouldn't be rusty
- Check that the gears are properly adjusted, lubricated and cables are not frayed



TYRES

Check each tyre closely.

Push down with your hand. You should find the tyres quite hard. Generally tyre pressure is shown on the side of the tyre. It is dangerous to use a garage tyre pump to inflate cycle tyres.

Look at the tyre tread or pattern around the whole wheel. For most tyre designs this should be quite noticeable and there should be no bald patches; these are common on the rear wheel. Look around the sides of both tyres and check for splits or bulges. If there are the tyre should be replaced.

Spin each wheel independently and look for any 'kink'. Buckled wheels need the attention of a cycle shop or should be replaced.

If in doubt, talk to your local cycle shop. They will be pleased to help.

BRAKES

Stand next to the bike, holding it upright by the handlebars. Ensure you are on solid ground (tarmac or concrete is best):

Pull the front brake lever full-on and try pushing the bike. The front wheel should lock making the rear wheel lift off the ground. If the front wheel turns whilst you have the brake full-on there may be a problem with the brake blocks, the brake cable, and the brake mechanism or there may be grease or dirt on the wheel rim.

Pull the rear brake lever full-on with one hand and push down on the saddle with the other (to apply some weight). The rear wheel should lock and 'skid' across the surface. If the rear wheel turns whilst you have the brake full-on there may be a problem, as outlined above.



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