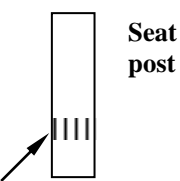




North Yorkshire County Council Bikeability 2021
Cycle Helmet and Bicycle Check List

Name of student:

Date:

BIKE PART	PROCEDURE/REQUIREMENTS	CHECKED (please tick)
Wheels	Wheels should be firmly attached to bike frame. Check bolts are fully tightened, or quick release levers are closed if applicable. Check for loose for missing spokes.	
Tyres	Tyres should be fully inflated, have good tread, not worn, smooth or damaged. Please check for puncture's.	
Brakes (most important to check)	Both back and front brakes should work independently. When the bicycle is pushed and a brake applied the respective wheel should lock and the cycle should not move. Check that the brake blocks have plenty of rubber on them and that they are lined up with the rim.	
	Ensure brake cables are not frayed as instructor will be unable to adjust.	
Steering	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.	
Seat 	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.	
	The maximum height mark or line on the seat post should not 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.	
Chain	The chain should be silver/ grey clean and lightly oiled in order to work correctly. The chain should not be rusty as it could snap.	
Gears	If gears are fitted, ensure they are adjusted correctly for slow to moderate speed cycling.	
Red Rear Reflector	For road cycling bikes must have a rear red reflector on the back of the bike.	
Frame size	The cycle should be the correct size. The cycle may be considered non-roadworthy if the frame size is too large or too small.	
Cycle Helmet	We require all pupils to wear a cycle helmet with an EN safety standard number (EN 1078 or SNELL B 95). Also check age of the helmet - ideally it shouldn't be older than 3-5 years	
How to fit helmet	<ul style="list-style-type: none"> The helmet should sit on the head in a straight line, parallel to the ground when standing, approximately two fingers above the eyebrows, this ensures the helmet protects the forehead. The straps leading from the helmet should be adjusted so that they form a V shape with the ear in the middle of the front and rear straps. The plastic adjuster should sit just below each ear The chin strap should be tightened with a two finger gap between chin and strap, this prevents the helmet from wobbling. 	
	Damaged helmets, full face motor bike style helmets or helmets used for activities other than cycling are not permitted.	

All equipment must be in safe working order and cycles must be roadworthy to participate on the bikeability course. If in doubt, contact your local bike shop.

Bike and helmet guidance is available at www.bikeability.org.uk/get-ready

Please complete this form and return together with the signed consent form.