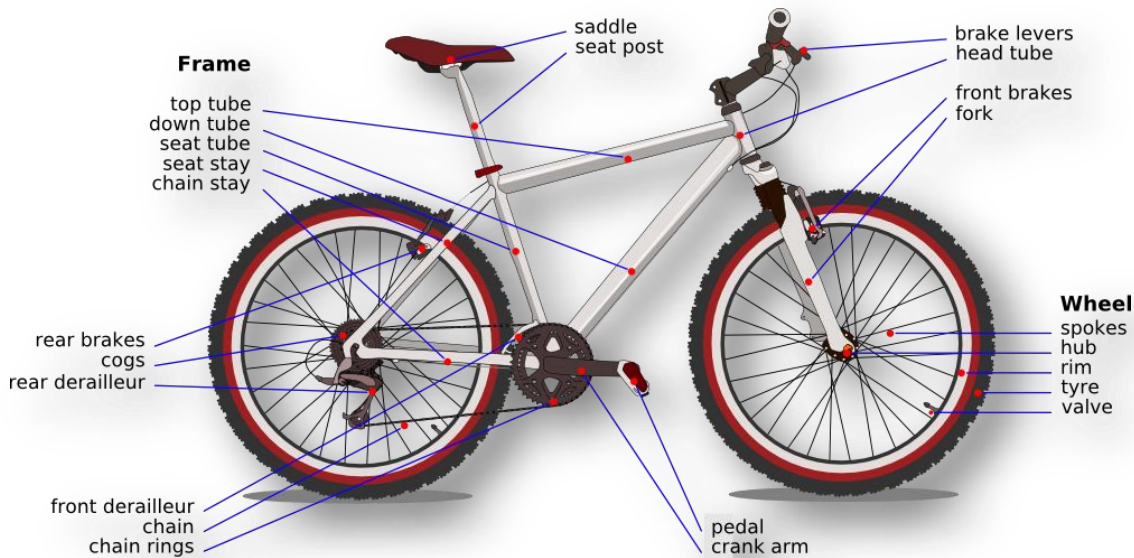


# Please check your bike and helmet a few days before the training



## A quick bike check:

1. Does your bike have both a front and back brake?
2. Can the brakes stop you quickly when you pull the levers?
3. Is the saddle the right height? Your feet should be able to touch the ground when you are sitting on it, but don't have the saddle much lower than that.
4. Are the tyres pumped up?
5. Is anything loose or about to fall off? Include the saddle and forks when you check this.
6. Is the chain rusty? If it is, put some oil on it.
7. Can you spin the wheels around without them rubbing against the frame or brakes?
8. If your bike has gears, do they work? If your bike does not have gears, that's OK.

**If you find a problem with your bike, please get it fixed before coming on the Bikeability course, as our Instructors do not make repairs.**

## Adjust your bike helmet

Step 1: Is your helmet the right size for your head?

Step 2: Wear your helmet so it's level

Your helmet should sit level on your head - one or two finger-widths above your eyebrows. That way it helps to protect the front of your head should you fall off your bike.



Step 3: Adjust the side straps

Adjust the slider on both straps to form a "V" shape under your ears. Lock the slider if possible.



#### Step 4: Adjust the chin strap

Buckle your chin strap. Tighten the strap until it is snug, so that no more than one or two of your fingers fit under the strap



File:- bike check v3 2016 2017.docx

Doc created:- 23/06/2014 10:05 Last saved:-29-Jun-16