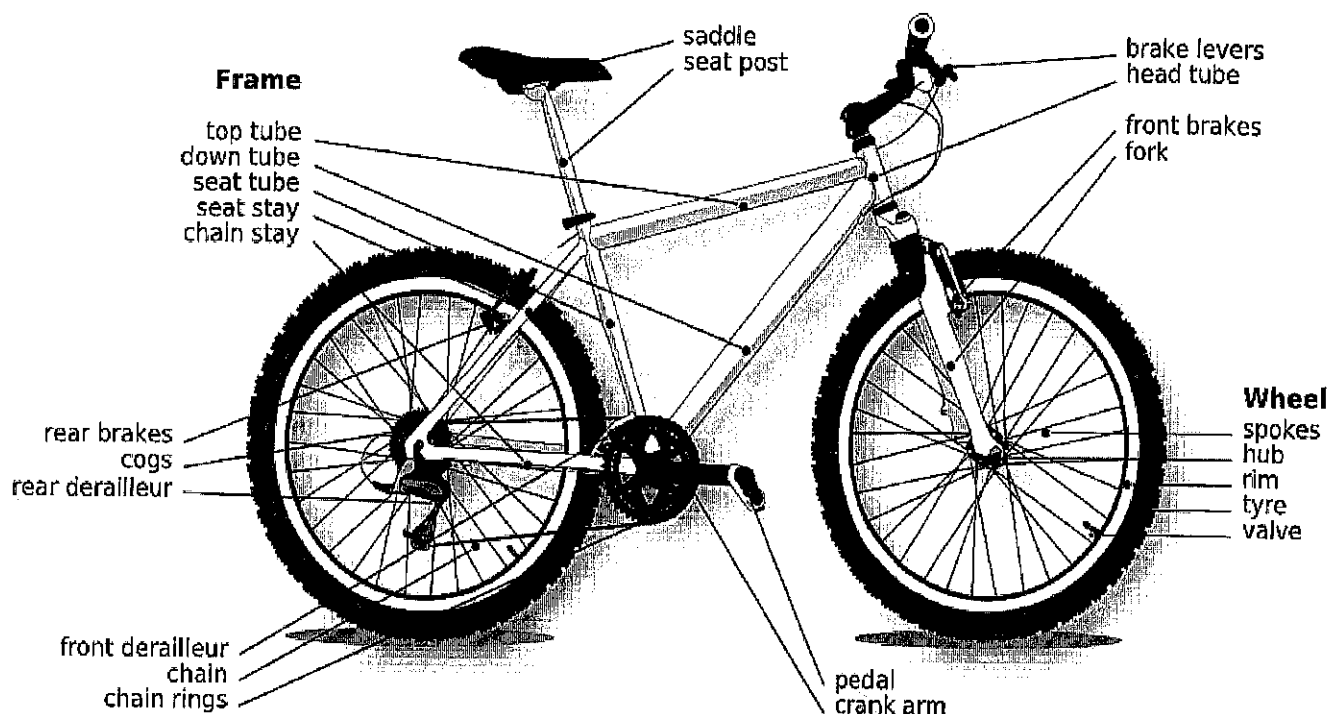


Bike and helmet check

updated August 2020



You need:

1. Both a front and back brake.
2. Brakes that stop the bike when you pull the levers.
3. Your saddle at the right height. Your feet should be able to touch the ground when you are sitting on it.
4. Tyres pumped up.
5. Nothing loose or about to fall off.
6. Oiled chain.
7. Wheels that can spin without them rubbing against the frame or brakes.
8. Working gears if your cycle has them. If your cycle does not have gears, that's OK.



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Adjust your cycle helmet

Pads and dial adjustment

Most helmets come with removable pads that fit inside the helmet so you can get a snug fit around your child's head. Quite a few also have a dial at the back of the helmet so you can tighten and loosen the fit.

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 cycle.



Adjust the side straps

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



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.

