



**Bikeability: Bike Check Form**

Your child has been invited to take part in Bikeability cycle training and will therefore need to have a bicycle in roadworthy condition to take part on the course. On the first session the instructor will carry out a bike check to ensure that the bike is safe and legal for cycling on the road. Please check your child's bike before the course and rectify any faults or carry out any necessary repairs. If you are unsure please take your child's bike to your local cycle dealer who will be able to give you professional help and advice. **Bike Fit: Ideally the ball of each foot should touch the ground.**

Here are the items that will need to be checked before the course.

Component	Checks	OK	Needs repair
Brakes	Try applying both brakes and pushing the bike forwards. If the bike moves, check for worn brake blocks or frayed or loose cables		
Brake cables	Check for fraying		
Saddle and handlebars	Check they are secure and the correct height for riding comfortably		
Headset and hubs	Check they are not too stiff or too loose		
Frame & Forks	Check they are not cracked or too rusty		
Lights & Reflectors	Check they're clean and securely fitted		
Chain & Bottom Bracket	Check for wear and rust. Lubricate the chain with teflon based oil. Make sure the chain is not too loose or tight. Make sure the bottom bracket is not too stiff or too loose		
Derailleur gears	Check gear levers are tight and that all gears, both front and back, are useable		
Nuts and bolts	Tighten any loose nuts or bolts especially on mudguards, brakes, chain guards, wheels and carriers		
Wheels and spokes	Check that wheels run true and there are no damaged or missing spokes		
Tyres	Check for worn tread and bald patches and cracked or split rubber. Pump up tyres hard (approx 40psi) Look on tyre wall for correct pressure		

I have checked over the bike and have made any necessary repairs or adjustments, and will make sure it is kept in a safe condition.

**Name of child (please print):** .....

**Name of parent/carer (please print):** .....

**Signature of parent/carer:** ..... **Date:**.....