

Bike, Helmet and Clothing Checklist

Bike Safety Check	Helmet Check
<ul style="list-style-type: none">• Frame<ul style="list-style-type: none">○ Check for damaged/bent frame and forks – if there is visible distortion the bicycle should not be used• Headset and Brakes<ul style="list-style-type: none">○ Check that the brakes actually work and are properly adjusted – when the brakes are fully on the lever should have been pulled approximately half way to the handlebars○ Check that the brake levers are securely attached and the cables are not frayed○ The brake pads should not be excessively worn and there should be at least 1mm between the pad and the rim○ Check adjustment of headset by engaging front brake and seeing if there is any rocking movement when gently pushing on the handlebars – there should be no movement• Wheels and Tyres<ul style="list-style-type: none">○ The wheels should run freely, with no excessive wobbles/buckles○ Check for loose spokes by running your hand over the spokes○ Tyres should be inflated to a reasonable pressure – manufacturers recommendations will be indicated on side wall of tyre○ The tread should not be excessively worn and the tyres should have no splits, cracks or holes• Hubs and Axles<ul style="list-style-type: none">○ Bolts and quick release mechanisms should be securely tightened• Saddle and Handlebars<ul style="list-style-type: none">○ Check to see if either are loose, but do not use undue force○ Check saddle:<ul style="list-style-type: none">– Saddle should be straight– Saddle height – cyclist's knee should be slightly bent when they have the ball of their foot on the pedal, and the pedal is at its lowest point○ Handlebars – handlebars and stem should be straight and in line. Handlebars should have end plugs• Pedals, Cranks and Bottom Bracket<ul style="list-style-type: none">○ Check that there is no movement in the bottom bracket or cranks by holding one crank still and trying to move the other crank. There should not be any movement○ Check that the pedals rotate freely• Chain and Gears<ul style="list-style-type: none">○ Check that the chain is lubricated properly, and is not slack or rusty○ Check that the gears are properly adjusted, lubricated and cables are not frayed• BMX trick nuts<ul style="list-style-type: none">○ For safety reasons these should be removed if group riding is included in the session.	<p>All cyclists participating in a coaching session conducted by a British Cycling licensed coach must wear a cycling helmet.</p> <p>The helmet should have a CE mark and conform to an appropriate standard such as BS EN 1078:1997 or SNELL B95.</p> <p>Check that the helmet is fitted and worn correctly:</p> <ul style="list-style-type: none">• Make sure it is the right way round – this is particularly important with children• It should be placed on the top of the head with the straps fastened under the chin• 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' just under the ears)• The helmet should fit comfortably on the head – if you try to move the helmet there should be very little movement• If you can slide the helmet off the head either backwards or forwards you need to tighten the straps – always get the cyclist to take the helmet off before adjusting their straps
	Clothing Check
	<p>Look out for:</p> <ul style="list-style-type: none">• 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 shoes, with shoe laces tucked in• The clothing must be appropriate for the weather and environmental conditions, e.g. warmth, waterproof etc.