



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. On the first session the instructor will carry out a check to ensure that the bike is safe and legal for cycling on the road.

Please note: If there is a serious mechanical fault, your child will not be allowed to continue with on-road training until this is addressed.

Please check your child's bike before the course and 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.

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. The frame size should be suitable for your child.		
Reflectors (& lights, if fitted)	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 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 – look on side of tyre for correct pressure (psi)		

Visit <https://www.sustrans.org.uk/what-you-can-do/cycling/your-bike/bicycle-maintenance-made-easy/m-check-your-bike-11-steps> for further advice.