

North Yorkshire County Council
Bikeability cycle training

Cycle Helmet and Bicycle Check List

Name of pupil:

Date:

Parent/guardian:

Bike part	Procedure	Checked (please tick)
Wheels	Firmly attached to bike.	
Tyres	Not worn smooth or damaged; no punctures and pumped up.	
Brakes	Both back and front brakes working. When the bicycle is pushed and a brake applied a wheel should lock.	
	Ensure brake cables are not frayed otherwise Instructor will be unable to adjust if needed.	
Steering	Handlebars should move in line with front wheel. Tightly hold the front wheel whilst trying to turn the handlebars- they should not move.	
	There may be a maximum height mark or line on the handlebar post which should not be visible otherwise the post may snap or drop out.	
Seat	The saddle should be at the correct height so that both sides of the ground can be touched with the ball of the foot.	
	No sideways movement should be possible when the saddle is firmly twisted.	
	There may be a maximum height mark or line on the seat post which should not be visible otherwise the post may snap or drop out.	
Chain	Chain should be clean and lightly oiled to work correctly.	
Gears	If gears are fitted, ensure they are adjusted correctly for slow to moderate speed cycling.	
Cycle Helmet	We require all pupils to wear a cycle helmet with an EN safety standard number. The helmet should fit firmly so that it will not move when the child shakes/nods their head.	
	The helmet should sit in a straight line, parallel to the ground when your child is standing. This ensures it protects their forehead if they were to fall off.	

Before training starts all equipment must be in safe working order. Please return this form together with the signed consent form.

If in doubt contact your local bike shop.