



Bikeability: Cycle Check Form

Your child has been invited to take part in Bikeability cycle training and will therefore need to have a cycle in roadworthy condition. On the first session the instructor will carry out a check to ensure that the cycle 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 cycle before the course and complete any necessary repairs. If you are unsure, please take your child’s cycle 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, bald patches, cracks or split rubber. Pump up tyres so they are 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.



MTB (Mountain Bike)



Fitness Commuter Bike