



12th July 2019

Bikeability Reminder

Dear Parent/Guardian

Your child will be taking part in the Bikeability Training from Monday 30th September for 4 days.

It is really important that your child's bike is suitable for the training and we recommend you take it to any bike store or Halfords with the checklist below to ensure this is the case. As we have the summer holidays before September, this might be an ideal time to get these checks completed.

Your child will also need to wear suitable clothing for the weather conditions. (Tracksuit bottoms, trainers are recommended).

- 1. Mechanical Conditions:** Are all the parts tight and in good repair?
- 2. Frame:** Check that the frame fits your child
- 3. Tyres:** Are they fully inflated with plenty of tread and no bald patches?
- 4. Wheels:** Check spokes are not broken or loose and that both wheels run freely.
- 5. Chain & Gears:** Is the chain oiled and not too loose or too tight? Check all gears can be changed easily. Fixed gear bikes are allowed.
- 6. Brakes:** Does the bike have two working brakes which stop the cycle with the minimum amount of pull on the brake levers?
- 7. Brake Levers:** Are the brake levers positioned so your child's fingers curve easily around them whilst the palm of their hand is on the grips?
- 8. Saddle:** Is the saddle straight, roughly horizontal and the correct height for the rider?
- 9. Seat Post:** Is the saddle the correct height for the rider with the seat post tight and not over the maximum limit?
- 10. Helmet:** Have you checked for cracks, frayed straps and that it conforms to BS EN 1078:1997 or equivalent?

Please note BMX bikes can be used on this course if the bicycle has two working brakes.

If you have any queries about the above, please do not hesitate to contact me.

Mrs S Harding
PE Co-ordinator