



Before taking part in BikeAbility training your child's bike must be in a roadworthy condition with two working brakes. Please use this form as a guide to checking the bike over in advance of the training. We would always recommend doing this at least one week ahead in case anything needs to be repaired at a local bike shop. Any minor issues such as seat height and tyre pressure can usually be carried out by our instructors on the day of training

1 – Brakes

Both brakes must be working correctly. Most bikes have the front brake operated by the right lever and rear brake operated by the left. To check the front brake roll the bike gently forward then squeeze right lever in. The bike should come to a sudden halt and rear wheel may lift from the ground. To check rear brake gently roll the bike backwards and squeeze left lever. The bike should come to a sudden halt and the front wheel may lift from the ground

2 – Wheels and Tyres

Check the wheels are attached securely. If there is a hexagonal nut at either side of each axle check these do not turn by hand, if they do they can be tightened up with a spanner.

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If the wheels have quick release levers (curved lever on one side of the axle) check that this does not open too easily. To tighten a slack quick release, open the lever fully then turn plastic nut on opposite side of wheel slightly clockwise and push lever back in – continue this process until lever requires a little force to close fully. Check tyres are correctly inflated by holding fingers on inside of rim and pressing tyre with your thumb – it should feel firm. The tyre should also not be excessively worn or have any visible cracks or splits.

3 – Steering

Stand in front of bike and grip the bottom of the front wheel between your feet and top between legs. Try and turn handlebar sideways – you should feel the wheel pressing into one leg. If the handlebar moves and is no longer at right angle to the wheel then this needs to be straightened back up and tightened – please refer to owners manual or seek advice as there are two types of headset which tighten differently.

4 – Chain & Pedals

Check each pedal is fully screwed into the crank and rotates relatively freely. Check chain is not dry, rusty or too oily. For a dry chain use cycle lubricant, GT85 or a light oil. If chain is overly oily then use an old rag to wipe the chain all the way round

5 – Saddle

Saddle height is quite important for efficient riding and good balance. With the exception of bikes used for stunt riding (BMX) the saddle should be in line with the riders hip when stood next to bike. When sat on the bike the rider should be able to touch the ground on both sides with tip toes. When raising a saddle check that the height limit marks on the seatpost are not visible. Check the saddle is securely fastened by grabbing firmly front and back then trying to move in all directions – the saddle should not move.

Many minor repairs can be carried out at home with a spanner or allen key. There are a lot of excellent tutorials on YouTube to help with basic bike maintenance. As part of the BikeAbility training we will teach your child how to identify parts of the bike and how to spot faults. We would always recommend that bikes are checked regularly to check they are in good conditions, particularly tyres, brakes and chains.