

# Bike, Helmet and Clothing Checklist

Bike Safety Check	Helmet Check
<ul style="list-style-type: none"><li>• <b>Frame</b><ul style="list-style-type: none"><li>○ Check for <b>damaged/bent</b> frame and forks – if there is visible distortion the bicycle should not be used</li></ul></li><li>• <b>Headset and Brakes</b><ul style="list-style-type: none"><li>○ Check that the <b>brakes</b> actually work and are <b>properly adjusted</b> – when the brakes are fully on the lever should have been pulled approximately half way to the handlebars</li><li>○ Check that the brake <b>levers</b> are securely attached and the cables are not frayed</li><li>○ The <b>brake pads</b> should not be excessively worn and there should be at least 1mm between the pad and the rim</li><li>○ Check <b>adjustment of headset</b> by engaging front brake and seeing if there is any rocking movement when gently pushing on the handlebars – there should be no movement</li></ul></li><li>• <b>Wheels and Tyres</b><ul style="list-style-type: none"><li>○ The wheels should <b>run freely</b>, with <b>no excessive wobbles/buckles</b></li><li>○ <b>Check for loose spokes</b> by running your hand over the spokes</li><li>○ Tyres should be <b>inflated to a reasonable pressure</b> – manufacturers recommendations will be indicated on side wall of tyre</li><li>○ The <b>tread</b> should <b>not be excessively worn</b> and the tyres should have <b>no splits, cracks or holes</b></li></ul></li><li>• <b>Hubs and Axles</b><ul style="list-style-type: none"><li>○ Bolts and quick release mechanisms should be securely tightened</li></ul></li><li>• <b>Saddle and Handlebars</b><ul style="list-style-type: none"><li>○ <b>Check to see if either are loose</b>, but do not use undue force</li><li>○ <b>Check saddle:</b><ul style="list-style-type: none"><li>– Saddle should be <b>straight</b></li><li>– <b>Saddle height</b> – cyclist's knee should be slightly bent when they have the ball of their foot on the pedal, and the pedal is at its lowest point</li></ul></li><li>○ <b>Handlebars</b> – handlebars and stem should be <b>straight and in line</b>. Handlebars should have <b>end plugs</b></li></ul></li><li>• <b>Pedals, Cranks and Bottom Bracket</b><ul style="list-style-type: none"><li>○ Check that there is <b>no movement in the bottom bracket or cranks</b> by holding one crank still and trying to move the other crank. There should not be any movement</li><li>○ Check that the <b>pedals rotate freely</b></li></ul></li><li>• <b>Chain and Gears</b><ul style="list-style-type: none"><li>○ Check that the chain is <b>lubricated properly</b>, and is <b>not slack or rusty</b></li><li>○ Check that the gears are properly <b>adjusted, lubricated</b> and <b>cables are not frayed</b></li></ul></li><li>• <b>BMX trick nuts</b><ul style="list-style-type: none"><li>○ For safety reasons these should be <b>removed</b> if group riding is included in the session.</li></ul></li></ul>	<p>All cyclists participating in a coaching session conducted by a British Cycling licensed coach must wear a cycling helmet.</p> <p>The helmet should have a CE mark and conform to an appropriate standard such as BS EN 1078:1997 or SNELL B95.</p> <p>Check that the helmet is fitted and worn correctly:</p> <ul style="list-style-type: none"><li>• Make sure it is the right way round – this is particularly important with children</li><li>• It should be placed on the top of the head with the straps fastened under the chin</li><li>• The front strap should be as vertical as possible and the rear strap should join the front strap just below the ears (forming a 'V' just under the ears)</li><li>• The helmet should fit comfortably on the head – if you try to move the helmet there should be very little movement</li><li>• If you can slide the helmet off the head either backwards or forwards you need to tighten the straps – always get the cyclist to take the helmet off before adjusting their straps</li></ul>
	<h3>Clothing Check</h3> <p>Look out for:</p> <ul style="list-style-type: none"><li>• Baggy clothing – this can get caught in moving parts.</li><li>• Trousers and tracksuit bottoms should be tucked in to prevent them becoming entangled in the chain.</li><li>• All cyclists must wear shoes, with shoe laces tucked in</li><li>• The clothing must be appropriate for the weather and environmental conditions, e.g. warmth, waterproof etc.</li></ul>