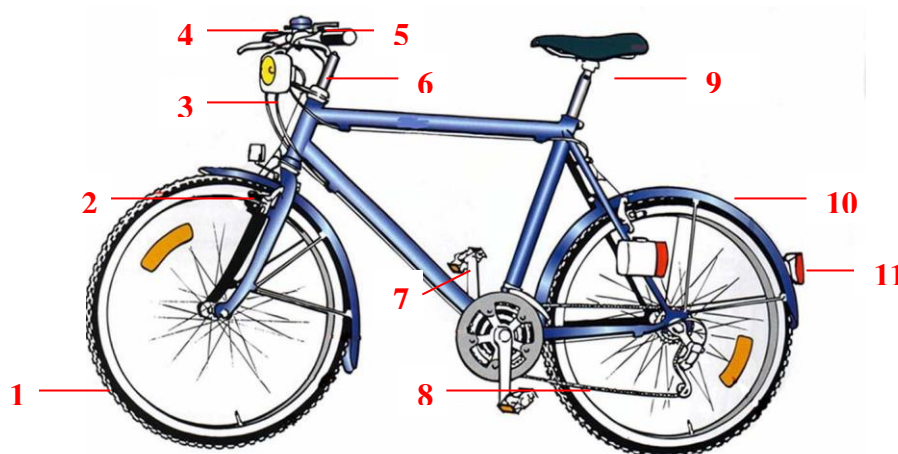


## Bike Check List

The diagram below may help you with general maintenance and to identify faults. Please ensure that any faults are rectified, as unroadworthy bikes may not be used for training.



- |     |               |  |
|-----|---------------|--|
| 1.  | Tyres         | Should have a tread pattern showing all around. Make sure they are well pumped up to avoid punctures and make riding easier. Replace the tyre if you find any cuts, splits or bulges.  |
| 2.  | Brakes        | Must have working front and back brakes. Check that brake blocks are in the right position, not touching the tyre and that they are not badly grooved or worn out. Brake levers should not come all the way back and touch handlebars when brakes applied. |
| 3.  | Brake Cables  | Should not be frayed.  |
| 4.  | Gears         | If the bike has gears make sure that they are working properly   |
| 5.  | Handlebars    | Make sure they have good grips, bar ends and are lined up correctly.   |
| 6.  | Steering      | Can become loose, tighten if necessary.  |
| 7.  | Pedals        | Must be able to spin freely, oil if necessary.   |
| 8.  | Chain         | Keep oiled and clean.  |
| 9.  | Saddle height | Must be adjusted so the rider's toes touch the ground on both sides when sitting on the saddle.  |
| 10. | Mudguards     | If the bike has mudguards make sure they do not catch on moving parts and that all fixing bolts are tight.   |
| 11. | Reflector     | By law all bikes must have a red reflector at the back and, when cycling at night, a front and rear light.   |

If in doubt, please take the bike to a bike shop for specialist advice.

## Helmet Check List

Helmet should conform to BS EN 1078:1997 or equivalent, eg CE.



### The Right Fit

1. Position helmet to sit level on head. The front should sit one finger width above eyebrows.
2. Turn the rear dial for a snug fit.
3. Adjust the side straps to sit just below ears forming a "V" shape.
4. Fasten the chin strap and tighten so that no more than one finger fits under the strap.