Bicycle Safety Check Form

Your child's bike must be in a road worthy condition (in accordance with the Highway Code) before they will be allowed to participate in the training. Please use this form to check your child's bike.

Frame and forks

There should be no cracks or excessive rust on the frame. If there is then the bike should be checked at a bike shop.

The frame is:

- Cracked ☐
- Bent ☐
- Very rusty ☐
- OK ☐

Saddle

Your child should be able to sit on the saddle and touch the ground with the balls of both feet, if the feet are flat on the floor then saddle may need raising. The safety mark on the seat post should not be visible and the saddle should be tight.

Handlebars

The bars should be tight and not move up, down or sideways. The safety mark on the stem should not be showing.

	Bars	Saddle
Loose	☐	☐
Too low	☐	☐
Too high	☐	☐
Safety mark visible	☐	☐
Correct	☐	☐

Brakes

Your child's bike must have two working brakes to be road worthy.

There are two main types in current use-rim brakes and disc brakes.

For rim brakes, check that the brake blocks are not badly worn and that they align squarely with the rim. For disc brakes, check that the disc is not bent or otherwise fouling the brake pads. For both types, check that the brake levers are not too stiff or out of reach for your child's hands. Check that the brake cables are securely attached and not excessively frayed or rusty.
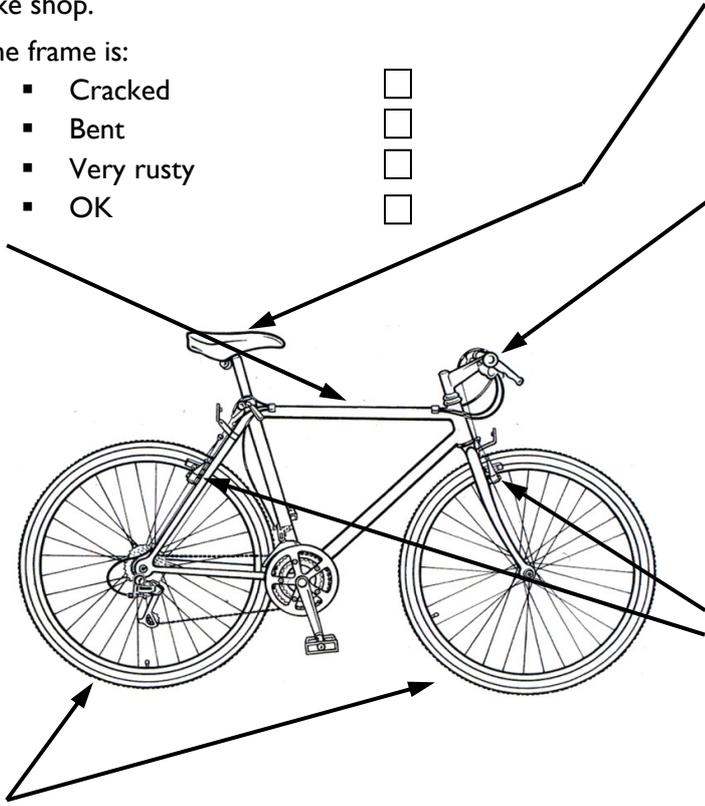
|	Front	Back
Do not work	☐	☐
Sometimes work	☐	☐
Have blocks that are:		
Missing	☐	☐
Very worn	☐	☐
Not square with the rim	☐	☐
Have a disc which is:		
Bent	☐	☐
Rubbing the pads	☐	☐
Have out of reach levers	☐	☐
Loose or badly frayed cables	☐	☐
Work correctly	☐	☐

Tyres

Check the tyres to see if they are pumped up enough by squeezing their sides. Check that there are no worn patches or splits.

Tyres:	Front	Back
Need pumping up	☐	☐
Are badly worn	☐	☐
Are in good condition	☐	☐
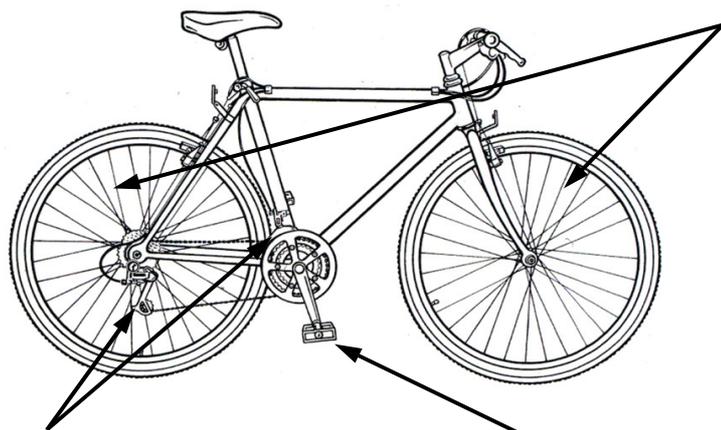
Wheels

Check that both wheels run freely by spinning the wheel; if it does not spin but rubs against the brake blocks, you may need to get the wheel straightened or the brakes adjusted. Check that nuts or quick release levers that hold the wheel in place are tight.

The wheel is:

- Rubbing ☐
- Loose ☐
- Has spokes missing ☐
- OK ☐

Gears (where fitted)

Check that all gears can be engaged and that the chain does not get thrown off from the sprockets on the rear wheels.

The gears:

- Are damaged ☐
- Have badly frayed cables ☐
- Will not change easily ☐
- Throw the chain off ☐
- Work well ☐

Pedals

Check that the pedals are fixed on tight and spin freely.
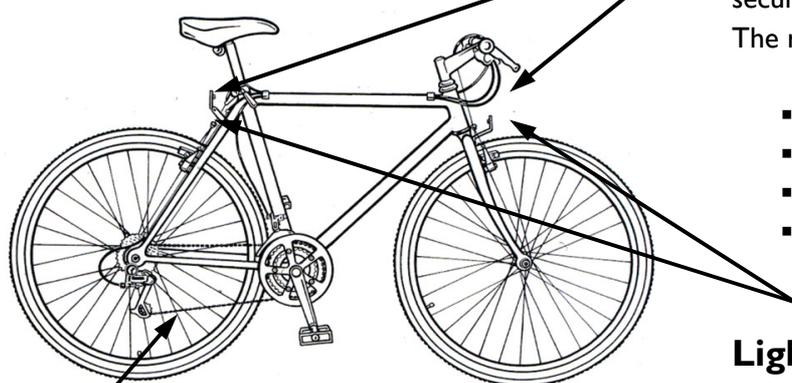
The pedals are:

- Loose ☐
- Damaged ☐
- Not turning ☐
- Correct ☐

Reflectors

Check that there is a white reflector at the front and a red one at the rear. Check that they are clean, fixed securely and pointing in the right direction.

The reflectors are:

	Front	Back
Dirty	☐	☐
Loose	☐	☐
Missing	☐	☐
Correct	☐	☐

Chain

Check that the chain is not very rusty and that none of the links are seized up owing to a lack of oil.

The chain is:

- In need of oil ☐
- Very rusty ☐
- Good condition ☐

Lights

If riding at dusk or at night, your child's bike must be fitted with a white light at the front and a red light at the rear. If lights are fitted, check that they work, are fitted securely and point in the right direction.

Lights are:

	Front	Back
Not fitted	☐	☐
Not working	☐	☐
Dim	☐	☐
Loose	☐	☐
OK	☐	☐