

BEFORE YOU BEGIN INFORMATION SHEET

Before your child takes part in our **Bikeability** sessions, please read this information sheet.

Check your child's cycle is ready by Bikeability:
Carry out the **ABCD** check



A is for AIR



Have your tyres got enough air? Squeeze the tyre and make sure they are firm. If not inflate them.

B is for BRAKES



Do the front and back brakes work properly?

C is for CHAIN



Have you oiled it recently?
Rotate the pedals backwards and make sure it runs freely.

D is for DIRECTION



Are your handlebars fixed on tight?
Is your seat on tight and pointing forward?



BRAKE TEST INFORMATION SHEET



As an **adult**, you may be able to pull the brakes fully on when you push the cycle forward when stood beside it, but smaller hands may not be able to do so, especially with their weight on the bike.

To test the brakes and the child's ability to apply them:

- With your child sat on the bike, get them to apply the front brake by pulling on the brake lever and then try to pull the bike forwards.
- Repeat this with the back brake.
- With them pulling on the brake lever the child should be able to prevent it moving forwards.



Apply **FRONT** Brake

With your child sat on the bike, get them to apply the front brake by pulling on the brake lever and then try to pull the bike forwards using reasonable effort.



Apply **BACK** Brake

Repeat this with the back brake.



Bike should **NOT** Move

With them pulling on the brake lever the child should be able to prevent it moving forwards.

