



## **BIKEABILITY PARENT INFORMATION – PRE COURSE BICYCLE CHECKLIST**

The following Checklist has been produced to help you ensure your child has an appropriate bicycle to take part in the Bikeability Level 1 and Level 2 award.

- It is important that your child's bicycle is: clean, roadworthy and of a suitable size

It is suggested that the following checklist is used as a guide to ensure that these conditions are met. If the basic conditions are not met, the Instructors will have to make the difficult decision to decline a child from participating, in line with our Health and Safety Policy.

### **Appropriate sized bicycle**

1. Can your child touch the ground with the toes/balls of both feet when seated in the saddle?  
Or has your child outgrown the bike? If the bike is too small or too big, your child will struggle to control it and will not benefit from the course in the same way as the others.
2. Can your child reach the handlebars without stretching? If not, can the handlebars be loosened and turned back a bit to bring them closer to the saddle?
3. The saddle should be the right height and securely fixed

*The following checks must be undertaken at home, with your child, well in advance of the course:*

### **Brakes**

1. Does each brake stop one of the wheels going round? It is a requirement to have TWO working brakes to take part in the Bikeability sessions.
2. The rubber brake blocks should not be worn down or missing.
3. The brake cables should not be worn, rusty or frayed.
4. When the brakes are applied, the brake levers should not touch the handlebars.
5. Can your child actually reach the brake levers easily and quickly, and pull them on easily?

### **Tyres**

Should not be worn or damaged and should be fully inflated.

### **Wheels**

1. The wheels should not be buckled or have spokes missing or disconnected
2. Check that the wheels spin freely



### Gears

1. Can the gears be changed? Look on the handlebars for levers that you click one way or the other, or parts of the handlebar that twist and have numbers on them.
2. Pick up the back wheel and ask your child to turn the pedals forwards while you try changing the gears on the handlebars. You should be able to get to all the gear numbers, and hear the chain moving from cog to cog at the back wheel
3. If you can change gear, swap over. Can the gears be changed by your child too?

### Chain

The chain should not be loose and sagging or tightly strung. It should be in between the two. It should not be rusty but well oiled.

### Pedals

There must be full pedals - not missing or broken.

### Frame and Front Forks

The frame and front forks must not be twisted or buckled.

### Front and Rear Reflectors

They must be fitted securely and clean, a rear reflector is required by Law.

### General

Please check if there any loose nuts or other defective parts.



**PARENT CONSENT FORM: BIKEABILITY LEVEL 1 & 2 CYCLE TRAINING 2017/18**

Bikeability is designed to give young people the skills and confidence to cycle on today's challenging roads. It is necessary to obtain consent for your child to take part in the Bikeability Award Scheme. Please explain to your child that this is a cycling safety course and good behaviour is required throughout. The emphasis is on learning and increasing the safety of young people on the roads.

If you are happy for photographs/ video footage of your child to be taken and used for educational resources or general Bikeability publicity, could you please tick the appropriate box below.

**Notes:**

- A cycling helmet must be worn at all times during the activity
- Any participants who persistently misbehave or put others in danger will be asked to leave the activity and will not be allowed to continue the session (will return to the classroom)

**Parental Consent Notice:**

I have read the information contained in this notice and declare that I have the right to give parental consent and hereby consent to my child taking part in the Bikeability Award Scheme. I understand that my child will progress to Level 2 only if they pass Level 1 in the allocated time.

Child's Name: \_\_\_\_\_

School Year: \_\_\_\_ Date of Bikeability Level 1: \_\_\_\_\_

School Name: \_\_\_\_\_

Emergency Contact (Mobile): \_\_\_\_\_

Parent/ Guardian's Name: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Does your child have a Special Educational Need or Disability? Yes

Please provide details of any Special Educational Needs or Disability below:

\_\_\_\_\_

Please detail any **important medical information** that our Instructors should be aware of before the session and any medical treatment/ actions to be taken if symptoms occur.

\_\_\_\_\_

Photographs permitted (usage detailed above): Yes

