

Bike Safety Check	Helmet Check
• Frame ○ Check for damaged/bent frame and forks – if there is visible distortion the bicycle should not be used • Headset and Brakes ○ Check that the brakes actually work and are properly adjusted – when the brakes are fully on the lever should have been pulled approximately half way to the handlebars ○ Check that the brake levers are securely attached and the cables are not frayed ○ The brake pads should not be excessively worn and there should be at least 1mm between the pad and the rim ○ Check adjustment of headset by engaging front brake and seeing if there is any rocking movement when gently pushing on the handlebars – there should be no movement • Wheels and Tyres ○ The wheels should run freely, with no excessive wobbles/buckles ○ Check for loose spokes by running your hand over the spokes ○ Tyres should be inflated to a reasonable pressure – manufacturers recommendations will be indicated on side wall of tyre ○ The tread should not be excessively worn and the tyres should have no splits, cracks or holes • Hubs and Axles ○ Bolts and quick release mechanisms should be securely tightened • Saddle and Handlebars ○ Check to see if either are loose, but do not use undue force ○ Check saddle: – Saddle should be straight – Saddle height – 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 ○ Handlebars – handlebars and stem should be straight and in line. Handlebars should have end plugs • Pedals, Cranks and Bottom Bracket ○ Check that there is no movement in the bottom bracket or cranks by holding one crank still and trying to move the other crank. There should not be any movement ○ Check that the pedals rotate freely • Chain and Gears ○ Check that the chain is lubricated properly, and is not slack or rusty ○ Check that the gears are properly adjusted, lubricated and cables are not frayed • BMX trick nuts ○ For safety reasons these should be removed if group riding is included in the session.	All cyclists participating in a coaching session conducted by a British Cycling licensed coach must wear a cycling helmet. The helmet should have a CE mark and conform to an appropriate standard such as BS EN 1078:1997 or SNELL B95. Check that the helmet is fitted and worn correctly: • Make sure it is the right way round – this is particularly important with children • It should be placed on the top of the head with the straps fastened under the chin • 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) • The helmet should fit comfortably on the head – if you try to move the helmet there should be very little movement • 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
	Clothing Check
	Look out for: • Baggy clothing – this can get caught in moving parts. • Trousers and tracksuit bottoms should be tucked in to prevent them becoming entangled in the chain. • All cyclists must wear shoes, with shoe laces tucked in • The clothing must be appropriate for the changing weather and environmental conditions, e.g. warmth, waterproof etc, consider gloves, sun-cream, water to remain hydrated.