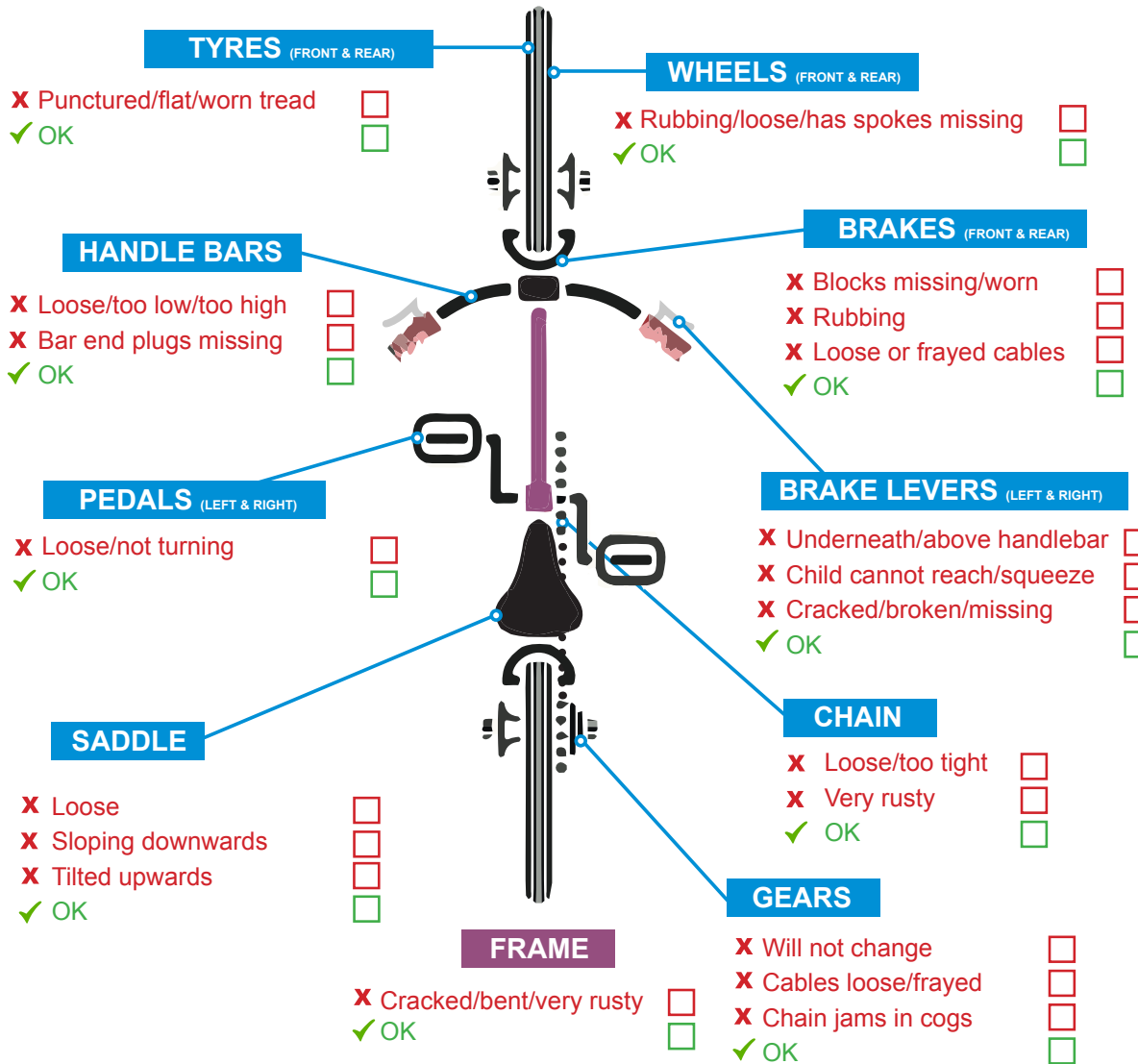


Bikes, helmets and clothing must comply with the requirements outlined on this check form. Without suitable equipment, your child may not be able to participate in the cycle training.

BIKE CHECK LIST- Please check your child's bike before they start their cycle training

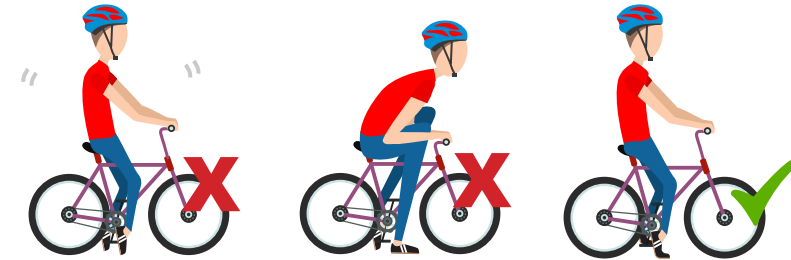


BIKE SUITABLE

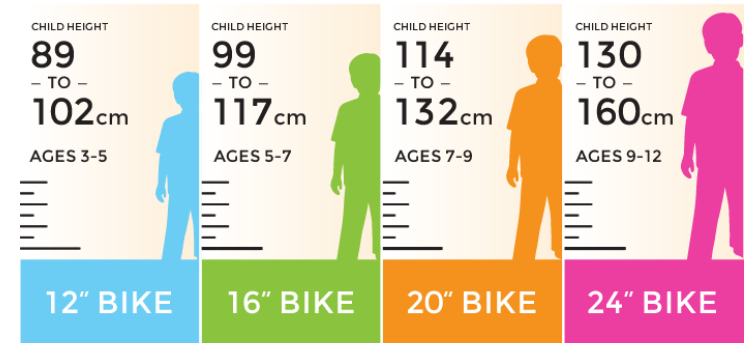
BIKE NEEDS REPAIRING BEFORE CYCLE TRAINING

BIKE SIZE

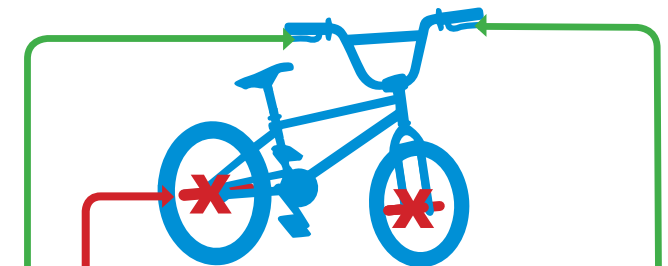
Your child should be able to sit on the saddle and touch the ground with the balls of both feet.



CHILDREN'S BIKE SIZES

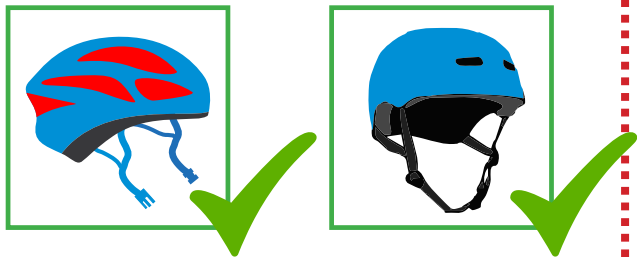


BMX BIKES - ADDITIONAL CHECKS

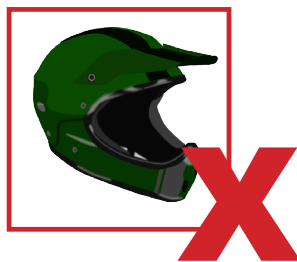


- Bike **must** have two working brakes.
- If present, front and rear stunt pegs **must** be removed.

ACCEPTABLE HELMETS



UNACCEPTABLE HELMET



FITTING A HELMET CORRECTLY



POSITION THE HELMET



ADJUST THE CHIN STRAP



ADJUST OTHER STRAPS



TEST THE FIT

Reasons to replace a helmet

- Does not fit correctly
- Visibly damaged
- Dropped (even if no visible damage)
- Straps are damaged or missing

RELIGIOUS/CULTURAL CONSIDERATIONS

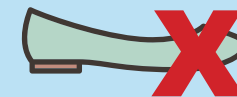


CLOTHING

- ✓ Trainers
- ✓ Lace ups/velcro
- ✓ Trousers/leggings/shorts



✗ Slip on shoes/ballet pumps



SUMMER

- ✓ Hip length waterproof jacket
- ✓ Sunscreen



WINTER

- ✓ Gloves
- ✓ Hip length waterproof coat



✗ Mittens

✗ Scarf



If you require any further information please contact Cycle Experience
 Tel: 0330 024 1783 (Mon-Fri 09:00 - 17:00)
 Email: info@cycleexperience.com
 Web: www.cycleexperience.com