How to check your bike

To see if there are any problems with your bike check the following items.
Using this M Check will ensure that you do not miss any items. Start at the front, Point A and work your way to B, C, and D to E at the back of the bike.



How to check your bike:

Front wheel: *check to see if:*
- Quick-release or wheel-nuts loose.
- Hub bearings loose or binding.
- Spokes loose, broken or missing

Front Tyre: *check to see if*
- Under-inflated /punctured
- Worn or cracked

Front brake: *check to see if*
- Front wheel locks when the brake lever is pulled
- Brake pads rubbing tyre or wheel rim
- Brake pads missing

Headset and handlebars: check to see if
- The forks are damaged
- Headset loose
- Handlebars are not clamped tightly

Frame: *check to see if:*
- Frame not bent or damaged

Crank and Front gear: *check to see if*
- Gear moves the chain from one sprocket to another
- Sprocket not bent
- Crank shaft not loose
- Pedals not loose

Seat and seat post: *check to see if:*
- Saddle does not move
- Seat post does not move

Rear Brake: Check as for front brake

Rear wheel: Check as for front wheel

Rear tyre: Check as for front tyre

Rear gear: Check as for front gear

What to wear
It is important that your child wear the correct clothes for cycling. Clothes should be comfortable. A helmet must adhere to the relevant CE standards and be fitted properly. Your child should wear:

- Cycle Helmet
- Shoes or trainers
- Gloves if it is cold
- Coat if it is cold
- Socks to keep their feet warm and to tuck the bottoms of their trousers into
- Girls should wear trousers.

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