

'M' Check

Before setting out on any journey, it is important to check your bike, to make sure that it is safe and in good condition. The following should be checked before you ride:



1 Front wheel/tyre:

- › Check the wheel spins freely without rubbing against the forks or brakes.
- › Check the quick release levers or wheel nuts are fully tightened.
- › Check the tyres are not worn and there are no bald patches.
- › Ensure the tyres are pumped up hard.
- › Check the inner tube valve is straight.
- › Ensure there are no loose or broken spokes.

2 Front brake:

- › Look at the brake blocks; they should grip the side of the wheel rim exactly when the brake levers are applied.
- › If the brake blocks are worn down they should be replaced.

- › Check the cables are not frayed.
- › Ensure that you can operate the brake levers easily.

3 Headset and handlebars:

- › Make sure the handlebars do not turn independently of the front wheel.
- › If the handlebars have been raised ensure that they are not raised past the 'limit mark'.
- › Ensure handlebars are clamped firmly in the stem.
- › The handlebars should be aligned with the front wheel.
- › Ensure that the end plugs are inserted in the end of the handlebars.

4 Frame and forks:

- › Check for damage on the frame and forks.
- › Look for cracks and rust.

5 Bottom bracket cranks, pedals and chain:

- › Ensure the bearings are not loose or seized on the bottom bracket.
- › Make sure the cranks are not loose on the bottom bracket.
- › Inspect the chain ring for damage.
- › Pedals should not be damaged, check for loose or seized bearings.
- › Ensure chain is oiled and not too loose or too tight.

6 Front gears:

- › Ensure the front derailleur works correctly and the gears change smoothly.

7 Saddle:

- › Ensure the saddle is at the correct height (you should be able to touch the ground with both feet at the same time.)

- › Ensure the saddle is fitted correctly and at the correct angle.
- › Make sure the saddle is not raised past the 'limit mark' and is securely clamped.

8 Rear brakes:

- › Four checks as per front brake (see 2).

9 Rear brakes:

- › Six checks as per front wheel (see 1).

10 Rear gears:

- › Ensure the rear derailleur works correctly and the gears change smoothly.

⚠ **Check for and fix any unsafe accessories – mudguards, racks, reflectors, locks, chain guards etc.**

⚠ **Please note that it is the responsibility of parents/guardians to ensure that bikes are checked and roadworthy before the start of the course.**

Cycle Helmets

Cycle helmets can be fun, fashionable and, although they don't stop crashes, they could help save your life if you have an accident.

If you don't have a cycle helmet, your local cycle shop can help you. Make sure it meets one of the following standards:

- › EN1078
- › BS6863
- › Snell B90 (or higher)
- › Any ASTM number

Remember:

Helmets are designed to absorb only one impact. If you drop your helmet, or have an accident whilst wearing it, you should replace it. Check for cracks and chips before each use. A damaged helmet may not protect you in a collision.

Make sure your helmet is fitted correctly and always fastened securely:

- › The helmet and straps should not cover your ears, but the two straps should meet just under your ears, holding the helmet securely over your forehead.
- › The helmet must not restrict your vision.
- › The helmet must fit snugly and feel comfortable.



Starting an on-road journey



1. Check that it is suitable to place your bike in the road where you can see and be seen



2. Sit on your bike with your left foot on the kerb (where there is one), and have your brakes covered. Your right foot should be on the pedal in the 2 o'clock "START POSITION" ready to push down for a smooth start.



3. Look all around, including behind over your right shoulder to see if it is suitable to move off.



4. Set off into the stream of traffic whilst observing all around.