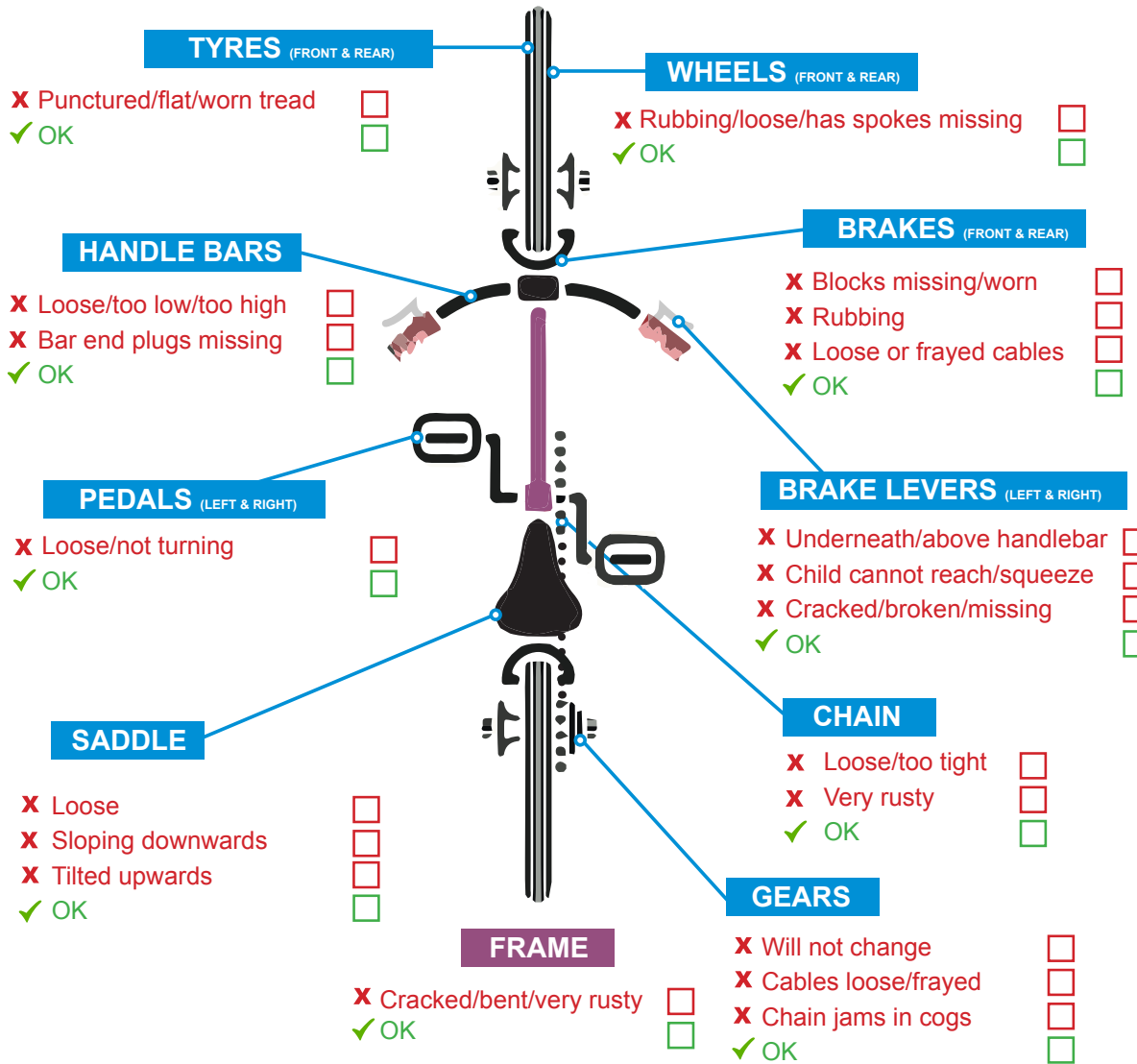


Bikes, helmets and clothing must comply with the requirements outlined on this check form. Without suitable equipment, your child may not be able to participate in the cycle training.

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



**BIKE SUITABLE**

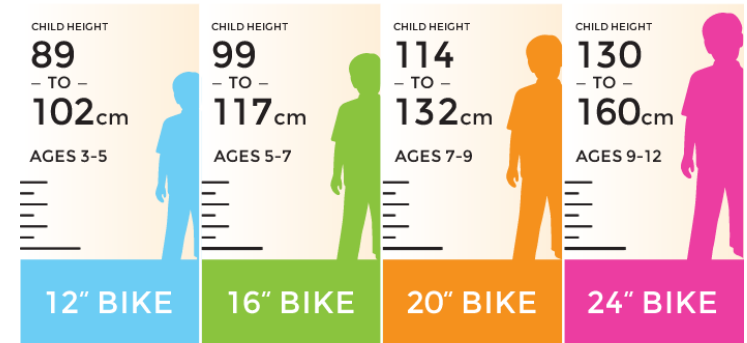
**BIKE NEEDS REPAIRING BEFORE CYCLE TRAINING**

**BIKE SIZE**

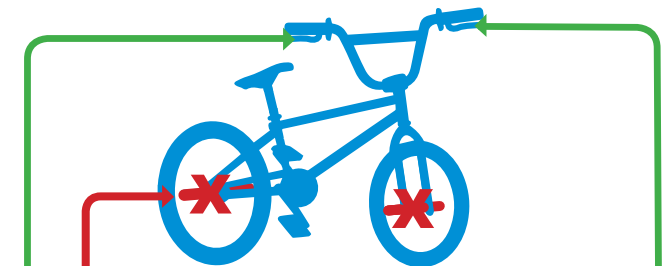
Your child should be able to sit on the saddle and touch the ground with the balls of both feet.



**CHILDREN'S BIKE SIZES**

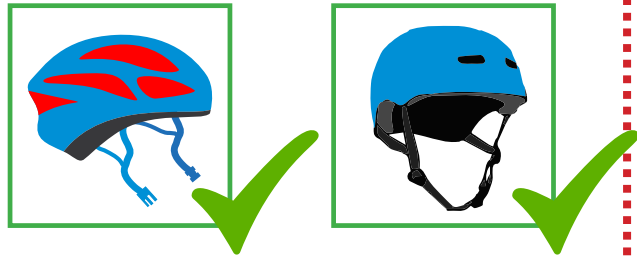


**BMX BIKES - ADDITIONAL CHECKS**



- 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

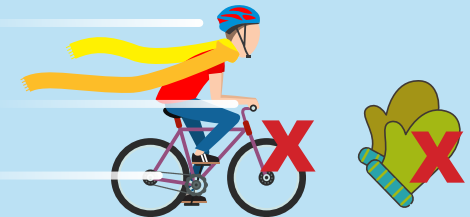


WINTER

- ✓ 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](mailto:info@cycleexperience.com)  
 Web: [www.cycleexperience.com](http://www.cycleexperience.com)