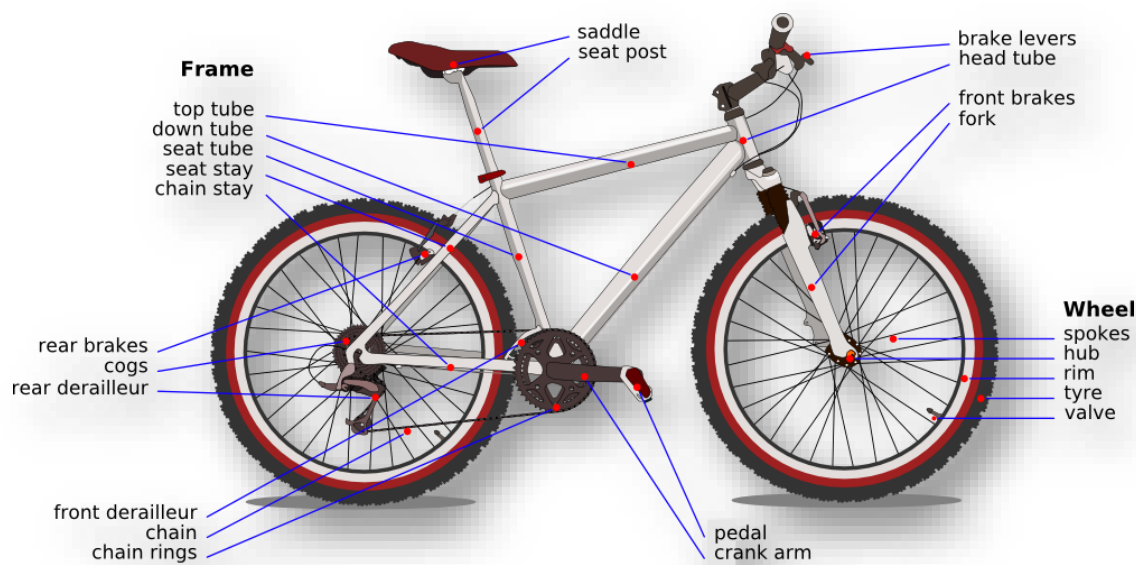


Please check your cycle and helmet a few days before the training


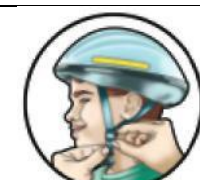


A quick cycle check:

1. Does your cycle have both a front and back brake?
2. Can the brakes stop you quickly when you pull the levers?
3. Is the saddle the right height? Your feet should be able to touch the ground when you are sitting on it, but don't have the saddle much lower than that.
4. Are the tyres pumped up?
5. Is anything loose or about to fall off? Include the saddle and forks when you check this.
6. Is the chain rusty? If it is, put some oil on it.
7. Can you spin the wheels around without them rubbing against the frame or brakes?
8. If your cycle has gears, do they work? If your cycle does not have gears, that's OK.

If you find a problem with your cycle, please get it fixed before coming on the Bikeability course, as our Instructors do not make repairs.

Adjust your cycle helmet

Step 1: Is your helmet the right size for your head?	
<p>Step 2: Wear your helmet so it's level</p> <p>Your helmet should sit level on your head - one or two finger-widths above your eyebrows. That way it helps to protect the front of your head should you fall off your cycle.</p>	
<p>Step 3: Adjust the side straps</p> <p>Adjust the slider on both straps to form a "V" shape under your ears. Lock the slider if possible.</p>	
<p>Step 4: Adjust the chin strap</p> <p>Buckle your chin strap. Tighten the strap until it is snug, so that no more than one or two of your fingers fit under the strap</p>	