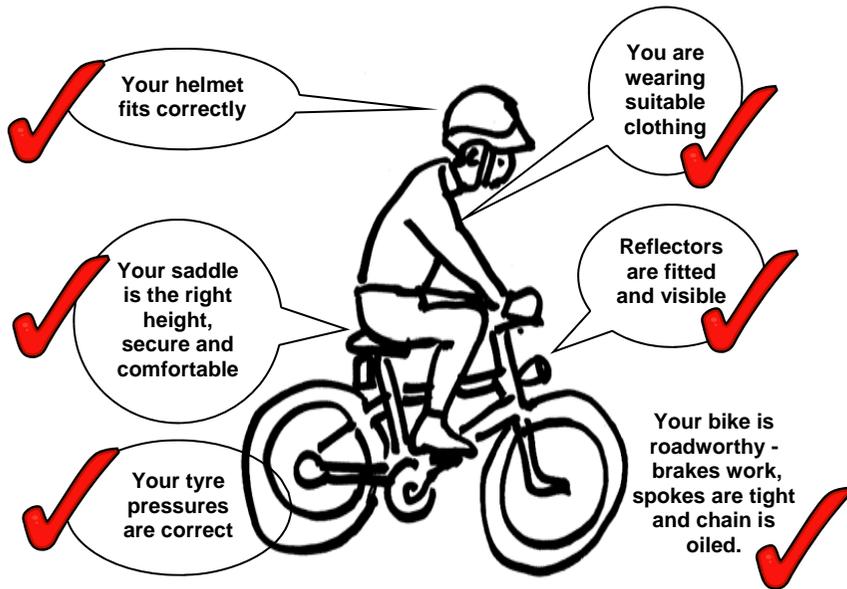




BIKEABILITY



HAVE YOU CHECKED THAT...



For further information please contact:



BEDFORD
BOROUGH COUNCIL

Bedford Borough Council
Road Risk Advisory Team
Borough Hall
Cauldwell Street
Bedford
MK42 9AP

Tel: 01234 228336
Fax: 01234 276636
Email: road.safety@bedford.gov.uk



BEDFORD
BOROUGH COUNCIL

Working with



**IMPORTANT
INFORMATION
FOR PARENTS**
PLEASE READ





BIKEABILITY



IMPORTANT SAFETY INFORMATION

Before your child is allowed to cycle on the road their bicycle will be subject to a safety check, and if found unsafe or in need of repair, for their own safety, they WILL NOT be able to continue with their training.

YOU WILL BE CHARGED FOR THE FULL COURSE FEE OF £55.00

The great thing is, if you take a little bit of time to regularly look after your bike you will retain it in good condition, making your ride safer, faster and more enjoyable and extending the life of the bike. By keeping your bike in good condition it will be more reliable and you will need fewer replacement parts, so saving money.

Basic bike checks:

- 🚲 Pump up tyres and replace worn or damaged ones (i.e. more than a puncture)
- 🚲 Loose, rusty or worn chains can come off easily. Keep them oiled and check for wear
- 🚲 Make sure the saddle is the correct height
- 🚲 Wheels - make sure they are tight and spokes are not loose as this could cause wheels to wobble
- 🚲 Make sure handlebars are straight and tightened properly
- 🚲 Check brake blocks for signs of wear and brake cables for wear and tension

**PLEASE DON'T PUT YOUR CHILD'S LIFE AT RISK.
WORK WITH THEM AND COMPLETE A SAFETY CHECK
PRIOR TO THEIR TRAINING.**

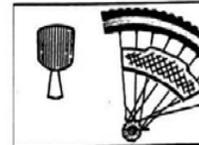


BIKEABILITY



REFLECTORS (Check Daily)

Bicycles should have a red rear reflector, a white front reflector, amber reflectors on the pedals and white or amber reflectors on the spokes. Keep the reflectors clean – they do not work when dirty, and make sure they don't work loose.



These reflectors are:

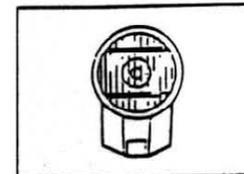
<input type="checkbox"/>	Correct
<input type="checkbox"/>	Loose

<input type="checkbox"/>	Dirty
<input type="checkbox"/>	Missing

LIGHTS (if fitted) (Check Daily)

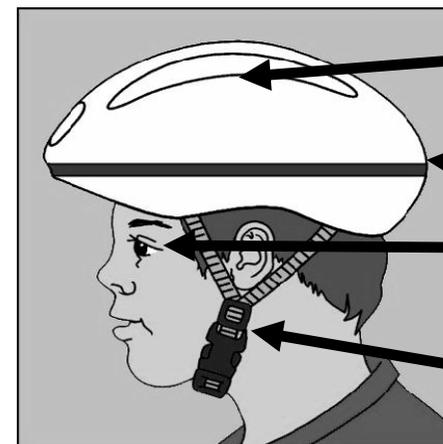
If you ride at night you must have a red rear light and a white front light that shine brightly. Check them before you go out, if the light is dim, change the batteries.

These lights are:



<input type="checkbox"/>	Correct
<input type="checkbox"/>	Loose
<input type="checkbox"/>	Not fitted

<input type="checkbox"/>	Not working
<input type="checkbox"/>	Working poorly



- Your helmet should be positioned squarely on your head
- The helmet must be snug fitting
- The helmet must not obstruct your ability to see or hear
- The straps must be secure and adjusted to fit correctly

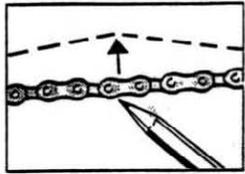


BIKEABILITY



CHAIN (Check Monthly)

A loose chain may come off, get caught in the wheels and throw you off your bike, so check it by placing a pencil under the bottom part of the chain and lifting it. If the chain lifts more than 2cm it is too loose. Oil the chain about once a month.

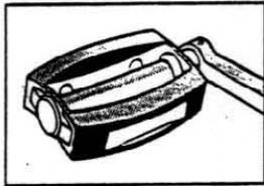


This chain is:

<input type="checkbox"/>	Correct	<input type="checkbox"/>	Loose	<input type="checkbox"/>	Needs oil
<input type="checkbox"/>	Tight	(this test does not work for drop gears such as derailleurs or shimano)			

PEDALS (Check Monthly)

The pedals should spin freely and they should be fitted with amber pedal reflectors.

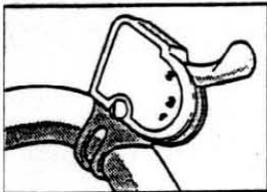


These pedals are:

<input type="checkbox"/>	Correct	<input type="checkbox"/>	Damaged	
<input type="checkbox"/>	Loose	<input type="checkbox"/>		Reflectors missing

GEARS (Check Monthly)

Gears easily get clogged up with dirt so keep them clean. Check the cables for fraying.



These gears are:

<input type="checkbox"/>	Correct	<input type="checkbox"/>	Damaged
<input type="checkbox"/>	Dirty		

BIKEABILITY



GENERAL INFORMATION

Children attending the course **MUST**:

- be 10 years of age (by 31 August this school year) or older,
- have a cycle in roadworthy condition,
- have a properly adjusted cycle helmet to be worn when riding.
PLEASE NOTE – BMX STYLE FULL FACE HELMETS ARE NOT TO BE USED AS THEY RESTRICT BOTH VISION AND HEARING.

Trainees WILL NOT be accepted on the course without a signed consent form (enclosed).

The course consists of 4 daily sessions (2 hours per session).

The first session consists of a cycle check, and an assessment of riding skills on the playground.

Trainees MUST reach the required standard in cycle control in order to proceed to the on road riding sessions that follow.

On days 2, 3 and 4, sessions consist of basic manoeuvres at local road junctions. These include cycling past a junction, left and right hand turns and passing parked vehicles.

Please note that the skills course is designed to IMPROVE cycle control, not teach children to ride. Only children who reach the required standard by the end of the course will receive a certificate of competence.



BIKEABILITY



STUDENT PROGRAMME

Session 1	Session 2
<p>Off road session</p> <p>Introduction to instructors and course Welcome Bike check Helmet check Setting pedal Controlled stop Emergency stop Looking behind Signalling Gears Slalom</p>	<p>On road session</p> <p>Road starting Riding and stopping Left turn major to minor road Left turn minor to major road U turn Passing a side road</p>
Session 3	Session 4
<p>On road session</p> <p>Right turn minor to major Right turn major to minor Starting between parked cars Passing parked car Linked turns Road signs</p>	<p>On road session</p> <p>Recap and assessment Example traffic lights and roundabouts Crossroads</p>

BIKEABILITY



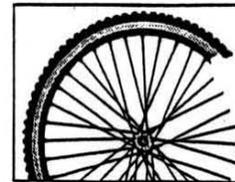
These brakes are:

<input type="checkbox"/>	Brake blocks missing	<input type="checkbox"/>	Correct	<input type="checkbox"/>	Brake blocks worn
<input type="checkbox"/>	Do not work	<input type="checkbox"/>	Brake blocks badly fitted		
<input type="checkbox"/>	Rider cannot reach levers	<input type="checkbox"/>	Cables frayed or need tightening		

WHEELS (Check Monthly)

Spin the wheels gently one at a time. They should spin freely without rubbing against the forks or brakes, and they should not wobble from side to side. Always check that the wheel nuts or quick release levers are fully tightened before you ride your bike.

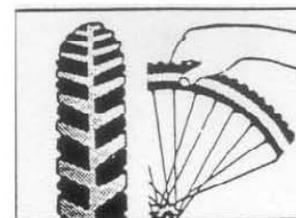
The wheels are:



<input type="checkbox"/>	Spokes missing	<input type="checkbox"/>	Correct
<input type="checkbox"/>	Buckled	<input type="checkbox"/>	Misaligned

TYRES (Check Daily)

Tyres should always be pumped up hard. Check them before you ride by pinching the sides of the tyre together. If they squash easily the tyre should be pumped up. Examine the tyre tread for worn or bald patches.



These tyres are:

<input type="checkbox"/>	Worn	<input type="checkbox"/>	Correct
<input type="checkbox"/>	Need pumping up		

Continued ...

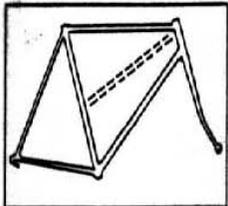


BIKEABILITY



FRAME/FORKS (Check Monthly)

Cracks and fractures in the frame can be very dangerous. If you find cracks you **must not ride the bicycle**. Also make sure there is no serious rusting on the frame.



This bicycle frame is:

Correct

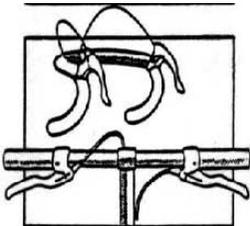
Damaged

Bent

Rusted

HANDLEBARS (Check Monthly)

In most cases, the handlebars should be roughly the same height as the saddle. The safety mark on the stem should not be visible, and they should not move independently of the front forks.



These handlebars are:

Too low

Correct

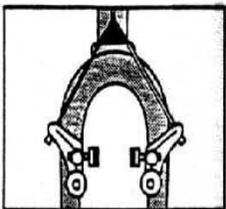
Handlebar end stopper

Too high

Safety mark on stem visible

Loose

BRAKES (Check Daily)



Brakes should be checked every time before you ride. Stand by the bicycle, apply the front brake and try to push the bicycle forwards. If the front wheel turns then the brake is not working properly. Repeat this test, this time with the rear brake. When sitting on the saddle you must be able to operate the brake levers without taking your hands off the handlebars. 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 that the cables are not frayed.

BIKEABILITY



WHY PROMOTE CYCLING?

HEALTH

Cycling can improve your health and increase overall fitness. Tests have shown that 4 to 5 months of regular cycling, improves fitness by an average of 40% and body fat reduces by an average of 27%.

EDUCATION

The establishment of safer routes to school and cycle training increases awareness of road safety issues.

SUSTAINABLE TRANSPORT

No fuel bills, no parking problems, no congestion and best of all cycling is safe and friendly for our planet.

CONGESTION

Promoting cycling can have benefits in reducing traffic congestion.

ENVIRONMENT

Increasing cycling benefits the environment by cutting CO2 emissions and reducing noise.

ACCESS TO EMPLOYMENT

Cycle training helps to make young cyclists safer on the road, cycling to a Saturday job or to deliver newspapers will be much safer.

SOCIAL INCLUSION

Safer cycle routes and more people using them can help build stronger communities.

Everyone will benefit from increased cycling



BIKEABILITY



NOTES FOR PARENT/GUARDIAN ON CHECKING CYCLES

Parents should check their child's cycle before the start of the course. **If, in the opinion of the instructor, the cycle is not in a roadworthy condition, pupils will not be allowed on the course.** Faults are often easily put right but occasionally a new part is required. We would therefore like to draw your attention to the following:

FITTING

Check that the cycle fits the child, i.e. that the balls of both feet are on the ground whilst sitting on the saddle with legs straight. See also that the handlebars are at a comfortable height. Adjust both these at intervals as the child grows. **Please note:** Do not over extend saddle and handlebar stems beyond the engraved maximum mark.

MECHANICAL CONDITION

A mechanically sound cycle is a safe cycle. Make sure that all parts are in good repair and no parts are too loose.

TYRES

As on cars, worn tyres can kill. Tyres must have a reasonable amount of tread and there should be no bald patches. The side walls should have no splits or bulges. Tyres must be inflated to the correct pressure. Wheel spokes should be tight and ideally reflectors should be fitted to the wheels.

BRAKES

Brake blocks and cables should be in good condition and brake levers adjusted so that they can be operated with the minimum amount of pull. If the levers touch the handlebars in the 'on' position, the cables are too slack. Levers should be so placed that the child's fingers curve easily around them whilst the palm of the hand is on the grips. There is a variety of levers available, be sure that the ones fitted are suitable for your child. Handlebar end stoppers should be in place as this omission can cause serious injury.

BEING SEEN

Many accidents involving cyclists occur because a driver fails to notice the rider. Cycles must always have at least a red rear reflector and if your child intends to ride in the dark or in poor weather conditions, then they must also have lights. The use

BIKEABILITY



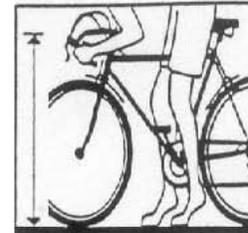
of high visibility fluorescent and reflective garments is strongly recommended. During the on road course pupils will be provided with a fluorescent safety tabard for the duration of the course.

BEING SAFE

Pupils must wear their own cycle helmet at all times during the course. It should conform to BS EN 1078:1997 or equivalent. We also recommend that a bell or alternative warning device is fitted. The correct position is on the left of the handlebar within easy reach of the grip.

SIZE OF BICYCLE (Check Monthly)

When sitting on the saddle you should be able to touch the ground with the toes of both feet at the same time.



This bicycle is:

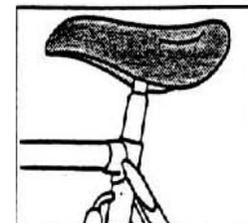
Too small

Too big

Correct

SADDLE (Check Monthly)

The saddle should be at a comfortable height for you (see above) and the safety mark on the stem should not be visible. Check the saddle nuts are fully tightened.



This saddle is:

Too low

Correct

Too high

Loose

Safety mark on saddle visible

Continued ...