

'Bike Smart' Helmet & ABC Checks



2 Fingers Of Forehead Showing



2 Fingers Under Chin Strap



Clip Directly Below Ear



Examine your bicycle and mark any faults on the diagram
Please ask your parents (or a bicycle shop mechanic) to help rectify any problems you identify with your bicycle.

A – Air

Check each tyre to ensure they are pumped up. All tyres are marked with a recommend pressure in PSI but if you do not have a gauge then just press as hard as you can. If you can compress the tyre in more than 1/3 of the way it is too soft.

B – Brakes

Test each brake **separately**.

Roll the bicycle forwards and apply the front brake.

Roll the bicycle backwards and apply the rear brake.

C – Chain

Check your chain is clean and that has oil been applied.

It should be silver or black in appearance and not orange and rusty!

D – Drop Test

Lift the bicycle about 10cm off the ground and drop it whilst listening for loose parts or rattles.

This can be done one end at a time if the bicycle is difficult to lift.

E – End Plugs

Please ensure that there is a plastic end cap in the end of your handlebars. Exposed bar ends can be really dangerous in an accident inflicting an injury similar to an apple corer.

(19mm plastic reticulation end caps from Bunnings are a perfect fit!)

F – Fun !

If you have successfully completed the above checks then your bicycle should be ready to ride and enjoy!