

Ride ready checklist



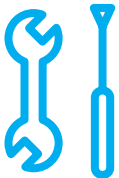
Helmet fit

Does your child's helmet move around when you wiggle it on their head? Can they salute two fingers between their eyebrow and helmet? Adjust to a snug fit.



Firm tyres

Fully inflated tyres make riding easier and are more resistant to punctures. Check for the correct tyre pressure on the side of the tyre.



Check the brakes

It is important that your child is able to stop quickly. Check that the bike brakes are working before you set off.



Check for loose bits and bolts

Have a quick scan for any loose bolts or bits on your child's bike before you set off. This includes bells, racks, bolts or any other attachments. Also make sure their clothes don't dangle in the vicinity of the spokes.



Wiggle the saddle

Your child's saddle is the right height when they can sit and place the balls of their feet on the ground. Adjust their saddle and tighten so it can't move about while they are riding.



Be heard with a bell

All bikes need bells. It is also good practice to encourage them to use their voices.



Be warm and comfortable

Wear clothes that are comfortable to ride in and will keep you warm when it's cool or cool when it's warm.