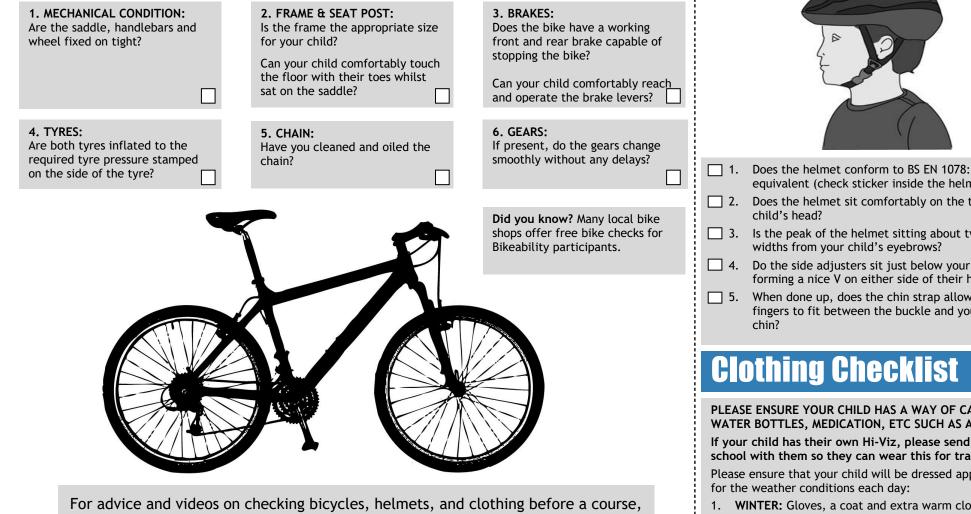
## **Bikeability Checklist**

Please check your child's bike before the start of the course. If the bicycle is not roadworthy, pupils won't be able to participate in the course. Due to Covid-19 our instructors can't make big adjustments and pupils can't borrow another child's bicycle. Faults are often easily fixed but occasionally a new part from a bike shop is required so please check your child's bike well in advance.

## **Bicycle Checklist**

Please tick off the bicycle, helmet and clothing checks below:



please visit our website: www.outspokentraining.co.uk

## **Helmet Checklist**



**Outspoken!** 

- 1. Does the helmet conform to BS EN 1078:1997 or equivalent (check sticker inside the helmet)?
- 2. Does the helmet sit comfortably on the top of your
- 3. Is the peak of the helmet sitting about two finger
- 4. Do the side adjusters sit just below your child's ears forming a nice V on either side of their head?

5. When done up, does the chin strap allow for two fingers to fit between the buckle and your child's

## PLEASE ENSURE YOUR CHILD HAS A WAY OF CARRYING WATER BOTTLES, MEDICATION, ETC SUCH AS A BACKPACK.

If your child has their own Hi-Viz, please send this to school with them so they can wear this for training.

Please ensure that your child will be dressed appropriately

- WINTER: Gloves, a coat and extra warm clothes to wear during the training.
- 2. SUMMER: Sun cream and a water bottle.