

## Bike Helmet Clothing Check Form

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### For Delivery of Bikeability Levels 1 and 2 to Schools during COVID-19

The following basic checks of the bike, helmet and clothing should be carried out by parents/guardians in advance of the day of the Bikeability session, to help ensure that the equipment is safe to use.

Please click [here](#) for a video explaining a simple bike check. Or scan the QR code below.



Please note that at the start of **every** Bikeability session, each child will have to successfully undertake a Bike M check (see below) and must fit and check their own clothing and helmet, with support from the Cycle Trained Assistant (“CTA”)/Bikeability Scotland Instructor (“BSI”), in order to take part in a session.

If a CTA/BSI (for Level 1) or an ERC Cycle Trainer (for Level 2) decides there is a safety issue with a child’s helmet or bike which renders it unsafe to be used on the day of the session, then the child cannot take part in that session. In that event, weather permitting, the child concerned can watch the session, from a 2m distance for the entire activity.

#### Bike and Helmet Checks

Helmets are mandatory for all riders when participating in Bikeability Scotland Level 1 and 2. By completing the following basic checks of your cycles and helmets, you will ensure that the equipment is safe to use. Please ensure you have checked your child’s helmets/bikes as detailed below - if they are deemed not safe by the CTA/BSI (for Level 1) or the ERC Cycle Trainer (for Level 2) then they cannot be used in the session.

Please see below a list of local bike repair centres in East Renfrewshire, for information:-

**Fox Cycles** 37 Kingston Avenue, Neilston G78 3JD 07761 021083

**Barrhead Melo Velo** The Barrhead Centre, 8 Carlibar Road, Barrhead, G78 1AA 0141 577 8506

**Veloworld** Young Enterprise Scotland, Rouken Glen Park, Giffnock, G46 7JN 07842 474879

**Clarkston Cycles** 681 Clarkston Rd, Netherlee, G44 3SE 0141 633 1152

#### Helmet Check

*The current British standard for helmets is BSEN1078. If you find any helmets with a Snell Foundation B90 (or higher) sticker in them, that’s a substantially stronger standard. Note: there is no law specifically prohibiting the sale of helmets that don’t conform to any standard. Please note, full head helmets which cover the face and ears are not permitted for these sessions.*

Is the helmet free from any visible damage (inside and out)?	Y/N
Does the helmet circumference fit the rider’s head?	Y/N
Does the helmet cover the forehead and is it level?	Y/N
Does the chin strap buckle work properly?	Y/N

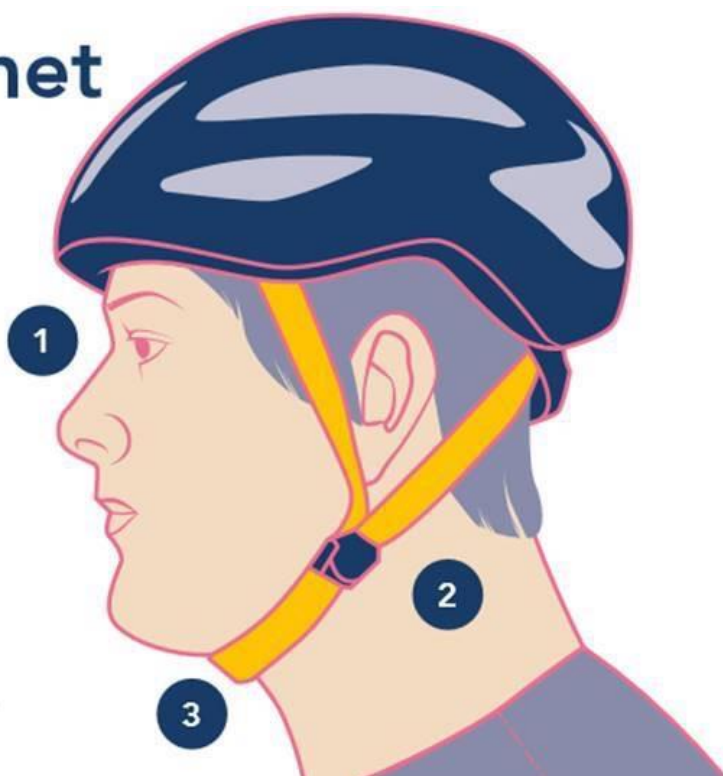
#### Clothing Check

Your child should dress appropriately for Bikeability sessions and depending on the weather – for example a waterproof jacket if rain is forecast. Trainers on their feet and leggings/jogging trousers would be appropriate as are a pair of gloves. If required, sunscreen should be applied before the session begins.

# Fitting a helmet

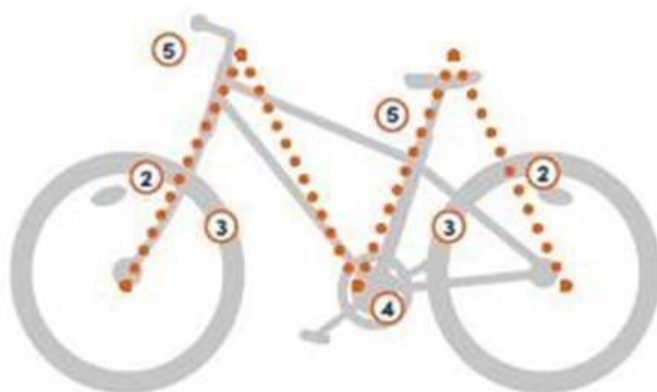
When you shake your head from side to side, a correctly fitted helmet will stay in place.

- 1 Place level just above the eyebrows
- 2 Side straps meet below the ear to form a Y shape
- 3 Less than two fingers space between your chin and strap



## Bike Check

- **Is your child's bike suitable for training?** Ensure the bike is a comfortable fit for your child and is safe to cycle. **Check the following:**
  1. Your child should be able to touch the ground with both feet when sitting on the saddle.
  2. The bike must have two brakes and both must stop the bike when you push it forwards and backwards.
  3. The tyres are pumped up and free of rips and bulges.
  4. The chain moves smoothly and has been lubricated.
  5. The saddle & handlebars are at the correct height and are tight.
  6. The bar ends are plugged.
  7. If you are unsure, you can take it to a local bike shop to be checked.



### The M check

Start with the front wheel.  
Move up to the handlebars.  
Move down to the pedals and chainset.  
Move up to the saddle and seatpost.  
Move down to the rear wheel.

**Important** - ensure there is air in the tyres, brakes are working and the chain is oiled.