

Crank and Front gear: check to see if

- Gear moves the chain from one sprocket to another
- Sprocket not bent
- Crank shaft not loose
- Pedals not loose
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Seat and seat post: check to see if:

- Saddle does not move
- Seat post does not move

Rear Brake: Check as for front brake

Rear wheel: check as for front wheel

Rear tyre: check as for front tyre

Rear gear: check as for front gear

What to wear

It is important that your child wear the correct clothes for cycling. Clothes should be comfortable. Your child should wear

- Cycle Helmet
- Shoes or trainers
- Gloves if it is cold
- Coat if it is cold
- Socks to keep their feet warm and to tuck the bottoms of their trousers into
- Girls should wear trousers.

A helmet must adhere to the relevant CE standards and be fitted properly.

