

Bike Check Form



Is my child's bike suitable and ready for Bikeability?

Brakes

Ensure front and rear brakes are working and not excessively worn or rubbing the wheel rims. (BMX bikes must have front and rear working brakes.)

Handlebars

Are they firmly fixed and straight? Ensure grips are on tight and not worn out.

Wheels and Nuts

Ensure wheel nuts are firmly fixed. No broken or loose spokes. Wheels rotating freely?

Chain and Cogs

Ensure the chain runs smoothly. Chain and gear cogs oiled and not rusted.

Pedals and Cranks

Cranks not loose. Pedals not damaged. Both cranks and pedals turning smoothly.

Tyres

Fully inflated, no punctures or excessive wear or damage.

Saddle

Is the saddle adjusted and the correct height for the child? Is the saddle securely fixed?

Helmet

Fastens properly and fits. Straps adjusted. Does my child know how to fit it themselves?