

How to prepare for the session - Checklist

What to Bring:

Bike – We recommend doing a bike safety check to ensure things like the **tyres** are **pumped** and **brakes** working. Watch our 'M-Check' video on the Sustrans YouTube channel to see how or use the handy guide below!

Weather appropriate clothing

Medication if required (E.g. Inhaler)

Helmet – if wearing one please check to ensure it fits well, adjusting straps at home beforehand if necessary.



Bike Fit – Please check that your child can sit comfortably on the saddle and that they can place their feet on the ground for stability. Saddle height should be adjusted if the child is on their tip-toes or if the saddle is too low.

Safety Check your bike! You'll see in the guide below that the various parts of the bike can be checked following the shape of an 'M', starting and finishing in the middle of the wheels. Please take some time to check over your child's bike with them and ensure that any problems you spot are fixed before the session. In the instance where a bike is not fit for purpose due to condition or fitting, the participant may not be able to participate.

