

## How to prepare for the session - Checklist



We'd highly recommend you watch our video showing the different steps we'll be doing on the day – you'll find this by searching 'Sustrans stabilisers' on YouTube!



### 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!

**Weather appropriate clothing**

**Medication** if required (E.g. Inhaler)

**Suitable footwear** – for both yourself and your child as it's a very active session, even for the adults! ☺

**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 put both feet fully on the ground. Please adjust the saddle height so they can. Having their feet flat on the ground will ensure children feel safe and stable during the early stages.

**First Bike GOOD Fit**



**First Bike BAD Fit**

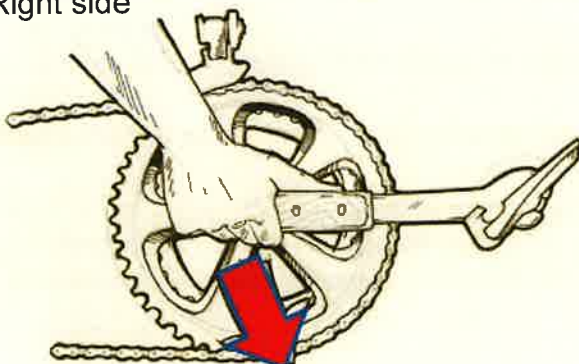


**\*Remove both pedals and stabilisers\* - Important!**



You'll see from watching the video that the first steps require the pedals to be off. All you need to do this is a 15mm spanner. Follow the steps below to see how or there are many videos on YouTube which can also help to explain how. Please be sure to only remove the pedal itself and not the crank arm. Please bring the pedals along with you as we'll need these at a later stage.

**Right side**



**Left side**

