

BICYCLE READY CHECKLIST



Helmet fit

Does your child's helmet move around when they move their head? Do they pass the 2-2-2 test? 2 fingers from their eyebrows to the helmet. 2 fingers make a "V" around their ear. 2 fingers between the strap and their chin.



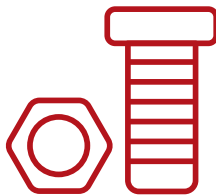
Firm tires

Fully inflated tires make riding easier and more resistant to punctures. Check for the correct tire pressure on the side of the tire.



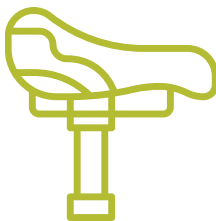
Check the brakes and chain

Check that the bicycle brakes are working and that the chain is clean and lubricated before they set off.



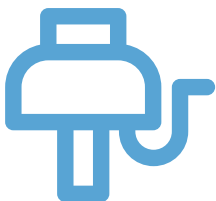
Check for loose nuts and bolts

Do a quick scan of your child's bicycle for any loose nuts and bolts. This includes any attachments like bells or racks.



Adjust the seat height

Your child's seat is at the right height when they can sit and place the balls of their feet on the ground. Adjust the seat and tighten it so it doesn't move while they are riding.



Be heard with a bell

Consider adding a bell to your child's bike to announce their presence to other riders and pedestrians. It is also good practice to encourage them to use their voice when passing someone.



Dress to be seen

Light and bright colors help make it so we are visible during the day. Have your child wear something that is reflective if they are riding at night to help make sure the drivers see them.

