

## ABC QUICK CHECK

1. AIR – check air in tyres, condition of tyres, check wheels are true and there are no broken spokes and fastened tightly to frame...
2. BRAKES – check cables are tensioned properly and not frayed, brake blocks are OK and not rubbing on the wheel rim.
3. CHAIN - check chain is lubricated (do not use WD40 – see The Video Tutor) and not bent, that it runs smoothly over cogs when changing gears.
4. DROP CHECK – conduct a general safety review of rest of bike. Lift the bike 5 -10 cm and drop, listening for rattles. Major cause of rattles are loose bottom bracket, wheels, cones and head set. In most cases just requiring adjustment to correct. Seek help from a bike shop if unsure.

Refer to extended check list and The Video Tutor, have your bike serviced if necessary, never compromise on safety.

*Skills Assessment, Cycling Australia 2005*

## HELMET FIT

1. FIT CHIN STRAP – adjust strap to fit firmly under the chin with the clasp to the side of the adams apple. Ensure straps are flat against the head not kinked or wound. A good rule is to be able to fit two fingers comfortably between the strap and chin.
2. SIDE STRAP – adjust the straps for fit so the buckle sits firmly under the ears and is comfortable and prevents the helmet rocking from side to side.
3. SHELL – inspect the shell for damage. There should be no cracks or obvious damage.
4. SIZE – ensure the shell is the correct size for your head.
5. AUSTRALIAN STANDARD – ensure the shell has an AS1698 sticker. It is illegal to ride without a compliant helmet.
6. Remove helmet when not riding - the wearing of helmets off the bike has caused choking injuries when the straps get caught on objects.

*Adapted from Skills Assessment, Cycling Australia 2005*