



Checking your child's helmet and bicycle

When purchasing a helmet it is strongly recommended that you 'try before you buy' to ensure you get one that fits your child correctly. Make sure it meets the British Standard; look out for the BS EN 1078 inside the helmet.

The helmet

Place the helmet on your child's head and without buckling the chin strap, asks your child to shake their head from side to side.

- If the helmet moves a lot, it's too loose and either needs to be tightened with pads or the ring at the back and base of the helmet, OR you may need to get a smaller helmet.
- If your child's forehead isn't covered; you may need a larger helmet.

For the fitting of the straps the easiest thing for your child to remember is:

Ears, Eyes and Mouth or 2 x 2 x 2



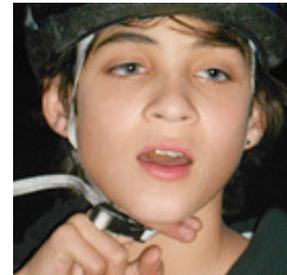
Eyes (2)

With the helmet level on your head, you should see the very edge or rim of your helmet when you look up past your eyebrows. This is about 2 finger widths above your eyebrow.



Ears (2)

The straps should meet and form a 'V' right under each ear lobe. To check, form a 'V' with 2 fingers around your ear.



Mouth (2)

Once the straps are adjusted in a 'V', buckle them. The straps should be snug but not too tight. Adjust until you can put no more than 2 fingers between the strap and your chin.

Checking the bicycle

- **Wheels & tyres:** tyres pumped up, wheel nuts tight, wheels should spin freely.
- **Brakes:** Testing the front and back brakes separately, try to push the bike back & forth—it shouldn't move (test a few times with each). Check brake lever doesn't hit handlebars.
- **Handlebars:** hold front wheel between legs and try to twist handlebars – they shouldn't move
- **Bike fit & saddle:** your child should be able to comfortably stand over the bike. Adjust the saddle so that they can just touch the floor and their leg is only slightly bent when their foot is at the bottom of the pedal stroke.

The checks above can be performed very quickly, and most adjustments made easily. If you are unsure, to get the bike into roadworthy condition we recommend that it is checked over by a local bike shop.

For further information regarding bicycle checks you can visit:

http://www.direct.gov.uk/en/TravelAndTransport/Cycling/DG_190030

There are also some useful video guides available on internet sites.