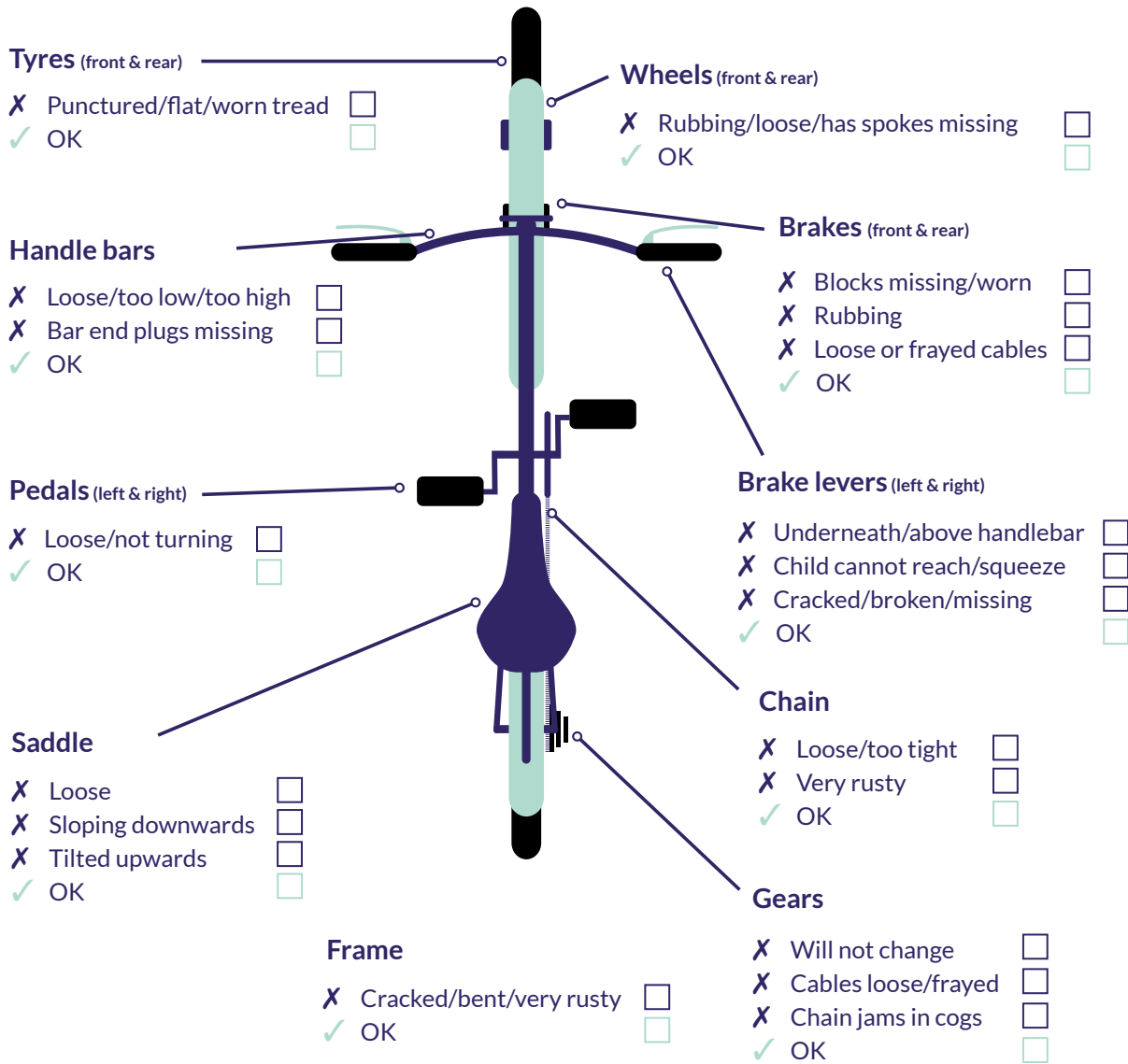


Bikes, helmets and clothing must comply with the requirements outlined on this check form. Without suitable equipment, your child may not be able to participate in the cycle training.

Bike check list Please check your child's bike before they start their cycle training



✓ BIKE SUITABLE X BIKE NEEDS REPAIRING BEFORE CYCLE TRAINING

Bike size

Your child should be able to sit on the saddle and touch the ground with the balls of both feet.

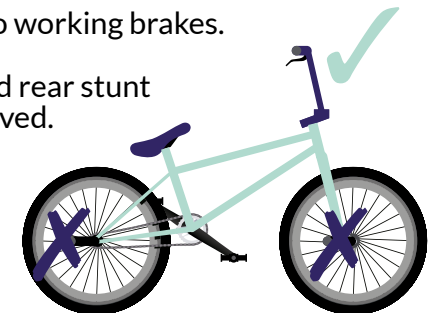


Children's bike sizes

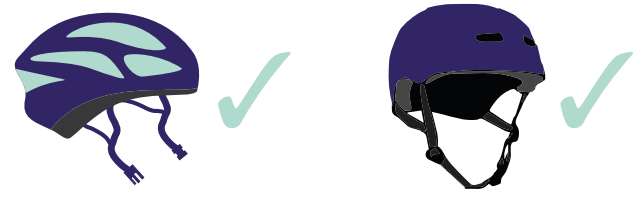
Child Height	Child Height	Child Height	Child Height
89 to 102cm	99 to 117cm	114 to 132cm	130 to 160cm
Ages 3-5	Ages 5-7	Ages 7-9	Ages 9-12
12" Bike	16" Bike	20" Bike	24" Bike

BMX bikes – additional checks

- Bike must have two working brakes.
- If present, front and rear stunt pegs **must** be removed.



Acceptable helmets



Unacceptable helmet



Fitting a helmet correctly



Position the helmet



Adjust the chin strap



Adjust other straps



Test the fit

Replace a helmet if:

- It does not fit correctly
- Is visibly damaged
- Has been dropped (even if there is no visible damage)
- The straps are damaged or missing

Religious/cultural considerations



Clothing

- ✓ Trainers
- ✓ Lace ups/velcro
- ✓ Trousers/leggings/shorts
- ✗ Slip on shoes/ballet pumps

Summer

- ✓ Hip length waterproof jacket
- ✓ Sunscreen

Winter

- ✓ Gloves
- ✓ Hip length waterproof coat
- ✗ Mittens
- ✗ Scarf

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