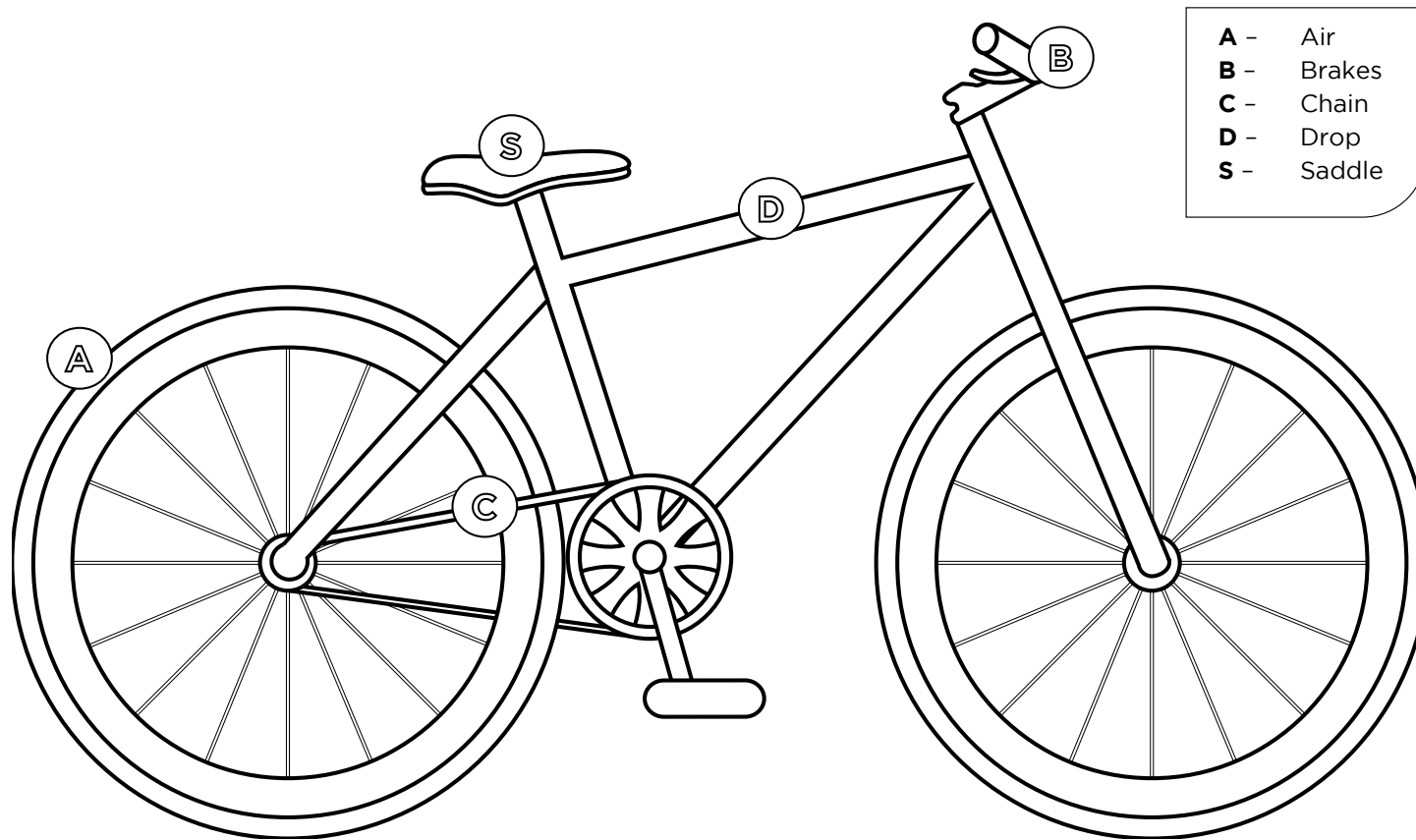


# Pre Ride Bike Safety Check



- A - Air
- B - Brakes
- C - Chain
- D - Drop
- S - Saddle



## FOR PARENTS/GUARDIANS

### A - Air

Tyres should be inflated and feel very firm to touch. Maximum pressure is written on the tyre.

### B - Brakes

Test both front and back brakes. Brake pads should be clear from the rim.

### C - Chain

See that it moves smoothly.

### D - Drop

Lift the bike and drop from a few centimetres. Listen for odd sounds. Secure loose fittings.

### S - Saddle

Check that the saddle is secure and at the correct height (hip level). Shouldn't be overextended. Seat needs to be bolted tightly.