



HELMET / BICYCLE CHECKLIST

Pupil name:

Note to teacher: mark with an 'X' if the helmet/bicycle fails any of the following and send home to parent/guardian for action:

CYCLE HELMET CHECKLIST

- | | |
|---|--------------------------|
| The helmet fits snugly around the head | <input type="checkbox"/> |
| The helmet rests two finger-widths above the eyebrows | <input type="checkbox"/> |
| The helmet is level, not tilted in any way | <input type="checkbox"/> |
| Pupil can see and hear clearly while wearing helmet | <input type="checkbox"/> |
| The helmet straps form a 'V' shape around the ears | <input type="checkbox"/> |
| The chin strap is tight under the chin
(note two-finger check) | <input type="checkbox"/> |
| The helmet shows no visible damage | <input type="checkbox"/> |

BICYCLE CHECKLIST

- | | |
|---|--------------------------|
| Tyres inflated to the correct pressure (A) | <input type="checkbox"/> |
| Brakes working and fitted properly (B) | <input type="checkbox"/> |
| Chain properly lubricated (C) | <input type="checkbox"/> |
| All nuts and bolts secure (D) | <input type="checkbox"/> |
| Red rear reflector and amber pedal reflectors present | <input type="checkbox"/> |
| Bell fitted/working | <input type="checkbox"/> |
| Handlebar and saddle properly adjusted | <input type="checkbox"/> |
| Wheels and spokes fitted properly | <input type="checkbox"/> |
| Ample tread on tyres | <input type="checkbox"/> |
| Frame safe and free from rust | <input type="checkbox"/> |
| Pedals present/turning freely | <input type="checkbox"/> |
| Lights working (if fitted) | <input type="checkbox"/> |