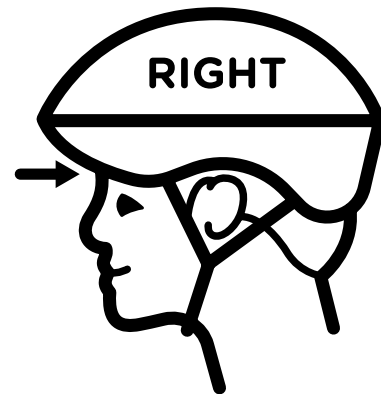


# Helmet Fit Check

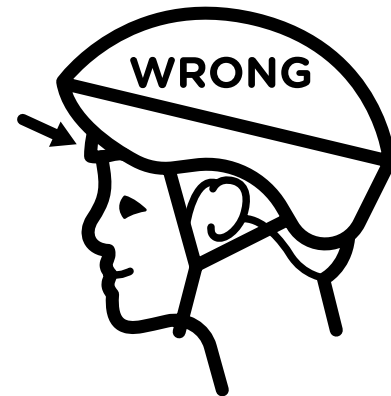
## Size

The helmet should sit flat on the head, without moving back and forth easily.



## Eyes

While wearing the helmet, the rider should be able to see its bottom rim. The rim should be one to two finger-widths above the eyebrows.



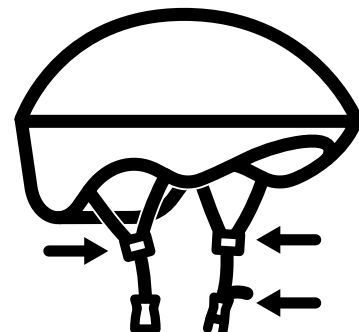
## Ears

Make sure the straps of the helmet form a "V" under the ears when buckled. The strap should be snug but comfortable.



## Mouth

Ask the rider to open their mouth as wide as possible. Can they feel the helmet hug their head? If not, tighten those straps and make sure the buckle is flat against the skin.



# Bike ABCD Quick Check

## **A** is for Air/Wheels

- Is the air pressure in the tires correct? Are the tires in good shape?
- Do the wheels spin freely on the hub? Are all the spokes tight?

## **B** is for Brakes

- Do the brakes make the wheels skid?
- Are the pads in good shape?
- Spin both wheels. Do the brake pads rub?

## **C** is for Chain/Crank/Pedal

- Is the chain straight?
- Is the chain clean and lightly oiled? Is it free of rust?
- Is the crank tight and secure?
- Are the pedals tight and secure?

## **D** is for Drop

- Raise the bike about 2 inches and drop it. Does it make noise? Something may be loose.

## Quick/Check

- **Quick:** If the bike is equipped with quick release fittings, are they properly adjusted?
- **Check:** Ride around slowly. Does the bike appear to operate properly?

