

ABCDQ Bike Checks & Bike Fit

Before every ride, after every accident

Air, Brakes, Chain, Drop, Quick Release

Air:

Participant:

- Tyres should feel like a firm orange for MTB
- Inflated to upper limit for touring

Activity Leader:

- Plenty of tread on tyres
- No cracks/perished tyres

Brakes:

Participant:

- Apply front brake -Check it works
- Apply rear brake – Check it works

Activity Leader:

- Check brake levers don't reach handgrips
- Encourage 1 or 2 finger braking

Chain:

Participant:

- Clean and lubricated
- Should run freely when backpedalling

Activity Leader:

- Watch derailleur, movement may indicate a seized link.
- Degrease and lubrication fix many issues

Drop:

Participant:

- Lift the about 5cm of the ground and drip it.
- Listen for any loud or unusual noises

Activity Leader:

- Loud noises could indicate loose bolts, headset, Quick releases etc.
- If you do it regularly, you get used to the noises your bike makes

Quick Release:

Participant:

- Check they are tight
- Levers aligned with fork or chainstay

Activity Leader:

- Good idea to do the physical check for every bike



Helmet Fit:

3 Twos Helmet Check:

- Check helmet is approved to Australian Standards (has a sticker)

The Three 2s Helmet Check



- Check helmet for physical damage eg cracks in shell, worn straps, broken buckles
- A helmet needs to be secure, but not uncomfortable and should fit as follows:
 - Helmet sits flat on head, not tilted back.
 - The rim should sit about '2 finger' widths above your eyebrow.
 - The straps should not be twisted and should form a V just under the ears with the '2 ear clips' snug under the ears.
- The strap should fasten securely under the chin and not hang loose, snugly fit '2 fingers' under strap
- Wobble Wobble Check – place hands on top of helmet and wobble it, shake head. If the helmet moves out of position easily it is not correctly fitted (likely straps are loose or helmet is too big).
- Partner Check – students check each others' helmets.



RIDE or
WALK
to school



Other Checks:

Usually by an activity leader.

Headset, handlebars, and hand grips:

- Check they are tight, don't slip
- Check handlebars have end caps installed. (These can prevent puncture injuries in accidents)
- To Check:
 - Stand in front of bike, front wheel between knees
 - Grip each hand grip – twist grips to see if they are tight
 - Try to turn handlebars left and right. – they should not turn.
There may be some flex with suspension forks – this is normal
 - Good to do as part of a bike fit.

Bike Fit

When buying a bike, each brand has a different fitting chart. Usually based on height and inseam/stand over. Field fitting is a bit simpler.

- With beginners, err towards a slightly smaller bike if you can't get a perfect fit
- Rider should be able to:
 - Reach handlebars while seated without leaning forward (no superman pose)
 - Stand over the top tube with both feet flat on the ground. 5cm gap. (forward of the seat)
 - Saddle height set so leg has slight bend when sitting on saddle and heel on pedal in lowest position
 - Thigh should not come past horizontal when pedalling while seated
 - Check while testing headset tightness
- Feet, may not be able to touch the ground while seated – if riders are not confident, start with a lower saddle height and adjust up as confidence improves.



OAS Checks:

<p>Stage 1:</p> <p>ABC – Basic Check Knows basic parts of bike to do this:</p> <ul style="list-style-type: none"> ○ Wheels ○ Tyres ○ Saddle ○ Handlebar ○ Brakes ○ Pedals ○ Chain 	<p>Stage 2:</p> <p>ABC – Basic Check Can pump up a tire to correct pressure.</p>	<p>Stage 3:</p> <p>ABCDQ Has assisted repairing a puncture</p>
<p>Stage 4:</p> <p>ABCDQ Can do bike fit and adjustment Identify parts requiring lubrication</p>	<p>Stage 5:</p> <p>ABCDQ Can apply lubrication Can adjust tyre pressure to terrain</p>	<p>Stage 6:</p> <p>ABCDQ Can assist in checking and correcting bikes</p>
<p>Stage 7:</p> <p>ABCDQ Can assist fit and adjust equipment. MTB: can adjust forks</p>	<p>Stage 8:</p> <p>Can assist teaching this to youth.</p>	<p>Stage 9:</p> <p>Can teach this to youth.</p>

