

**Saddle:** Your child should be able to sit on the saddle and touch the ground with the balls of both feet. The minimum insertion safety line on the seat post should not be visible, and the seatpost should be tight.

- Is the saddle secure on the seat post?
- Does the seatpost wobble?
- Is the saddle at to correct height?

**Handlebars:** The bars should be firmly tight and not move independently up, down, or sideways. The minimum insertion safety line on the stem should not be showing.

- Is the handlebar aligned with the front fork?
- Are all the bolts tightened?
- Do your lights and bell work (if provided)?
- Are all the components tight
- Is the stem/handlebar at the correct height?

**Brake:** Check that the brake levers are not too stiff or out of reach for your child's hands. Stand by your bike and pull the rear brake, check that if you pull the bike backwards, the front wheel should lift off the ground. Pull the front brake and push the bike forward and the back wheel should lift off the ground.

- Are the brake pads rubbing against the wheel rim?
- Are the brake levels touch the handlebar when pulled?
- Have loose or badly frayed/rusty cables
- Can your child reach the brake levers easily?

**Wheels:** Check that both wheels run freely by spinning the wheel; if it does not turn but rubs against the brake blocks, you may need to get the wheel straightened or adjust the brakes. Check that the nuts or quick-release levers that hold the wheel in place are tight.

- Are the wheel tight against the frame?
- Is the wheel centred on the frame?
- Are there any loose or missing spokes?

**Tyres:** Check the tyre pressure; Squeeze your tyre for a quick check, you should barely be able to squeeze the tyre's side walls between your fingers and thumb. It's worth finding out the recommended tyre pressure in PSI (shown on each tyre's sidewall) and inflating accordingly.

- Are the tyres worn or damaged?
- Are the tyres pumped up?

**Gears:** Check that the chain is not coming off the front chain ring or sprockets at the back. Look for defective cables or incompatible parts. Look on the chain for signs of rust or stiff links.

- Are your gears not changing easily, or damage
- Have badly frayed cables
- Chain needs replacement

**Pedals:** Check that the pedals are in good condition, fixed on tight and spin freely

- Are the pedals tight?

