

Lake County Forest Preserve

Bicycle Checklist

In order for your child to have the safest and most rewarding experience on the bike riding trip this week we highly recommend that you take the time to inspect your child's bike. The camp instructors will perform these inspections prior to starting the trip. We want your child to be safe and have fun. If a bike isn't properly maintained it's not fun for anyone. Visit your local bike shop if any assistance is needed in making repairs.

Helmet

- ☐ Everyone is required to wear a helmet.
- ☐ A properly fitted helmet should rest just above the eyebrow.
- ☐ Chinstrap should be snug (you should be able to just barely fit a finger between strap and chin).
- ☐ The point of the "V" Side straps should rest right under the ears.
- ☐ All straps should be tightened so that you can't move the helmet in any direction more than an inch.

Bike Size

- ☐ When pedaling the knees should be slightly bent. Legs that are fully extended or overly bent when pedaling results in increased fatigue and decreased balance. Try adjusting the seat height for a better fit.
- ☐ When not pedaling feet should either be firmly planted or resting slightly on the toes (not on the tips of the toes).

Brakes

- ☐ Front and rear brakes should both work properly. Using front brakes only, can result in falling over the handlebars.
- ☐ To test, hold the front brake and try rocking the bike forward. If the tire stays in place, the brakes are working properly. Repeat for the rear brakes, rocking the bike backward.

Tire Pressure

- ☐ Fill the tires to the recommended tire pressure at least 2 days before the trip (tire pressure recommendation will be marked on the side of the tire). Check the tire pressure again a day later and make sure it is still correct. Small leaks in the tire can cause deflation.
- ☐ If necessary replace tube.

Chain

- ☐ Make sure chain is secure and functioning properly.
- ☐ Lube the chain if it shows signs of rusting.

Clothing and Apparel

- ☐ On the day of the trip make sure your child wears bright colors so they can be easily seen by traffic.
- ☐ Backpacks should have padded shoulder straps. Drawstring cinch bags can become uncomfortable and even painful.