

# “Wheel we make It” family cycling group.

## What equipment do I need as a participant?

Participants will be expected to have:

A bike suitable for the ride type

All bikes used for a ride need to:

- be in good working order
- have fully inflated tyres
- have two brakes that work or be fitted with a front brake if a fixed wheel bike
- be an appropriate size to allow the rider to participate safely in the session
- be appropriate to the environment, surface conditions and activity.

NOTE: Bikes without brakes are not considered safe or appropriate.

You must do a simple bike check prior to the start of the ride to help stop problems developing:

### **Pump up the tyres**

Help prevent punctures by keeping your tyres at the right pressures. Check the sidewall of the tyres for damage.

### **Oil the chain**

Use dedicated cycle oil for a longer-lasting lubricant.

### **Test the brakes**

Press each brake in turn, pushing the bike forward as you do – the respective wheels should lock in position.

### **Spin the wheels**

Both should turn easily and quietly. If this isn't the case, the brakes may be rubbing against them.

### **You Need To Carry**

1) Puncture Repair Kit and/or spare tubes

An appropriate puncture repair kit and/or spare tubes that fit the bike being used.

2) Bike Pump

An appropriate bike pump (with valves if necessary) that fits the bike tyres being used.

### **Do I need to wear a helmet?**

All Ride Leaders and any individual under the age of 18 (including those in child seats and trailers) participating on a ride **are strongly advised to wear a helmet that:**

- conforms to a recognised standard
- is undamaged
- is in good condition
- is the correct size for the rider
- is correctly fitted and worn by the rider.

For those aged over 18 the wearing of helmets conforming to the above standards is strongly recommended.



### **What clothes should I wear?**

Comfortable and safe ones!

All riders must wear appropriate clothing. Clothing should meet the following criteria:

- be appropriate for the activity, environment and weather conditions, taking into consideration any possible changes in the weather (remember we do live in the UK and therefore the weather is changeable!)
- not be too loose or baggy as it can get caught in the moving parts of the bike
- trousers and tracksuit bottoms should be tucked in to your socks to prevent them becoming entangled in the chain
- shoes/trainers must be worn, with laces tucked in.

You may want to consider wearing cycling gloves but this is not compulsory.

### **What else should I bring?**

It is recommended that participants also bring:

- food and water/drink
- money
- mobile phone if you have one.

### **What happens if my bike breaks during the ride or I have an accident?**

Please bring any incident or broken bikes to the attention of your Ride Leader who will be able to administer first aid if necessary and/or assess whether your bike can be fixed immediately. If the bike can't be fixed or you are unable to continue the ride for whatever reason the Ride Leader will agree what course of action to take with your consent.

[www.chasecycling.co.uk](http://www.chasecycling.co.uk)