



Mountain Bike equipment and safety gear requirements School bike trips

Students that wish to use their own bikes and safety equipment will need to fulfil all of the requirements listed below. This is to ensure the safety of all students taking part in biking activities.

- **Helmets** will need to pass a visual inspection; they will need to be safety secured to the student's head in the correct position. Chin straps and buckles need to be in good working order, with no signs of impact or cracks that could hinder the helmets construction or student's safety.
- **Bikes** will need to be fit for purpose for the planned ride/expedition/trip. All bikes will be checked using the standard recognised M Check. Students are advised to carry this out before the trip as there will be no time for maintenance before we leave. Only mountain bikes are to be used, no BMX's or Hybrids due to the terrain.

Kings Norton Boys School has the right to refuse any student using their own equipment if staff feel the equipment is not safe or fit to ride.

Please see below a list of requirements that all bikes need to pass and will be checked on the morning of the planned ride. This is known as the 'M Check'.



Make sure your bike is safe to ride, follow the M Check.

1. Rear wheel

It should be tightly fitted and the quick release lever secured in the closed position. Not all wheels will have quick release levers. If the wheel is not quick release, check that the nuts on both sides of the wheel are secure.

2. Spokes

Should be of equal tension and not loose. Pluck each spoke with your finger. The sound from each spoke should be very similar.

3. Air in tyres

If the tyre is soft, then attach your pump to the valve and pump up. Note: There are two types of valve fitting – Presta (long and thin), and Schrader (thicker and slightly shorter). Recommended tyre pressure is usually written somewhere on the tyre.

4. Saddle

Check your seat post isn't loose and that you haven't exceeded the limit marked on the seat post. Once you have checked these, use an allen key or quick release to tighten the seat post clamp. Check the seat is secure by giving it another check once you have finished.

5. Chain

Should be clean and oiled. Keeping your chain clean and oiled is important for the smooth running of your bike. Note: Don't use too much oil as this will pick up more dirt and make the chain more difficult to clean.

6. Pedals

Make sure they spin smoothly and that your cranks are on tight, spin smoothly, and don't creak.

7. Stem

Check that your front wheel and stem do not move independently, and that your handlebar clamp bolts are tight. Perform this check by standing in front of the bike, holding the front wheel between your knees, and twisting the handlebars. You can prevent any movement by tightening the stem bolts and the handlebar clamp with an allen key.

8. Headset

Check if there is any rocking or clicking in the headset. Perform this check by firmly grasping the head tube with one hand and applying the front brake with the other hand. This will steady the front of the bike so that you can shake the headset to establish any rocking or clicking in the bearings.

9. Brakes

Ensure that the front and rear brakes are working properly. If the brake lever pulls against the handlebar grip, the brake cable needs adjusting. This is done by loosening the brake cable anchor bolt, pulling the cable tighter, and tightening the anchor bolt again. Both sides of the brake mechanism should move when the brake is applied. If this is not happening, turn the small adjuster screw on the stationary side until both sides are moving again.

Most brakes have these adjuster screws. The brake block/pad must pull flat to the wheel rim/brake disk. If this is not the case, use an allen key to tighten the block/pads in the correct position. Finally, check the front brake by applying the brake and pushing the bike forwards, and check the back brake by applying the brake and pulling the bike backwards.

10. Frame

Look for any cracks or damage. This check requires particular focus on the area where the frame joins the head tube. Frame size is really important for the comfort and safety of the rider. Please make sure students are using the correct size so their knees are not touching the handle bars when riding and feet can be placed on the floor when stopped.

11. Front wheel

It should be tightly fitted and the quick release lever is secure in the closed position. Not all wheels will have quick release levers. If the wheel is not quick release, check that the nuts on both sides of the wheel are secure.

Transport

- **Bikes need to be able to fit in the school mountain bike trailer for transportation.**

Please check before the trip that the bike fits, this is the only way the bike can be transported. This can be arranged any day after school.

Damage, breakages and repairs

- **Students using their own bikes or equipment are using them completely at their own risk. Kings Norton Boys School will not be responsible for any damage, breakage, loss or repair costs.**

If you have any questions regarding personal equipment, please do not hesitate to get in touch.

Regards

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