

Helmet & clothing check

The following checks should be carried out to ensure that helmets are safe to use. If you answer no to any of the questions below, this indicates that a different helmet should be used or adjustments need to be made. Clothing should be worn that is appropriate to the conditions on the day of training. Some training organisations, local authorities and schools will have their own requirements for helmets and clothing.

Rider's name	Date of checks
Helmet	
The current British standard for helmets is BSEN1078. If you find any helmets with a Snell Foundation B90 (or higher) sticker in them, that's a substantially stronger standard. Note: there is no law specifically prohibiting the sale of helmets that don't conform to any standard.	
Is the helmet free from any visible damage (inside and out)?	Y/N
Does the helmet circumference fit the rider's head?	Y/N
Does the helmet cover the forehead and is it level?	Y/N
If the helmet has a cradle, is it adjusted to fit the rider's head?	Y/N
Are the straps tight enough and do they form a triangle around the ears?	Y/N
Does the chin strap buckle work properly?	Y/N
Has the chin strap been adjusted to fit comfortably and securely?	Y/N
Clothing	
The type of clothing that is needed will depend on the weather and the time of year. The following points should be considered.	
Wind/Waterproof jacket	
Does it provide adequate protection for the conditions?	Y/N
Does the hood ensure there is a clear view when looking around?	Y/N
Are loose cords tied to avoid being hooked on saddle or caught on moving parts?	Y/N
Gloves	
Do they provide adequate warmth and protection for the conditions?	Y/N
Can the rider operate the gears and brakes when wearing them?	Y/N
Trousers	
Do they provide adequate protection in case of a fall?	Y/N
Are they tight enough around the lower leg so that they will not get caught in the chain?	Y/N
If the trousers are loose, can they be tucked into long socks or fastened by clips/tape?	Y/N
Shoes	
Do they provide a firm grip on the pedals?	Y/N
Do they protect the foot?	Y/N
Are the laces tied so there is no danger of them catching in the chain?	Y/N