



WHEELS 2 WORK

Now you've got your bike

I understand and agree as follows:

1. The bike is supplied by YCBH in a safe condition and shall be made available to me free of charge.
2. I accept the bike in the condition in which it has been supplied to me as per the checklist below.
3. I shall become the legal owner of the bike and be responsible for its care, maintenance and security.
4. YCBH and SGC accept no liability for any loss, damage or injury to me or to third parties arising from my use or anyone else's use of the bike.
5. YCBH and SGC accept no liability for any loss damage or injury to me as a consequence of my use or mis-use of the cycle helmet provided to me.
6. YCBH and SGC accept no liability if the cycle is lost, stolen or damaged.

What next?

Highway Code

Locking your bike

Looking after your bike; A, B, C

Ongoing bike maintenance sessions

[Rusty Riders](#) - build your cycling confidence



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Looking After Yourself and Others

You must ride in accordance with road traffic law and with care and courtesy. Please note that whilst cycle helmets are not a legal requirement, we recommend that the helmet provided is worn and correctly fitted when riding. You confirm that using the bike / accessory is at your own risk and you will mitigate the risk to yourself and others by riding responsibly and following the highway code. You can use the QR code to access the Highway Code online





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Top tips for locking your bike

we are
cycling
UK



- ✓ If you can, use two different Sold Secure locks
- ✓ Lock the frame together with a wheel to the stand
- ✗ Do not just lock the wheel to the frame/stand

For more tips on keeping your bike safe, using BikeRegister, safer routes to and from the station and more, visit:
cyclinguk.org/cycle-rail



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A >> Air

Are your tyres correctly inflated? Give them a squeeze for a quick check. It's worth finding out the minimum/maximum pressure in PSI or BAR (shown on the side wall of each tyre) and inflate accordingly. Even a non-punctured tyre will leak a small amount of air over time!



B >> Brakes

Stand by your bike and pull the front brake. If you push the bike forward the back wheel should lift off the ground. Now pull the back brake and pull the bike backwards, and the front wheel should lift off the ground. If not, your brakes need tightening!



C >> Chain

Look for signs of rust or stiff links. The chain should make a regular clicking sound when you rotate the pedals backwards. Clean your chain (with degreaser) and re-oil it every now and then.





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Ongoing bike maintenance

It's really important to make sure your bike is properly maintained as this will help keep you riding.

You can come to our FREE maintenance sessions held monthly. Each session looks at different topics like basic bike maintenance (fixing punctures, checking brakes etc).

You can find more information [here](#)

We also hold monthly Dr Bike sessions where you can have your bike checked over for FREE. More information can be found [here](#)