

Preparing Your Child's Bike for the Lesson

- Lower the saddle so that your child can put their feet flat on the ground with slightly bent knees.
- Remove pedals (for balance activities prior to learning to pedal). You will need a 15mm pedal spanner; some bikes need either a 6mm or 8mm allen key

How to take pedals off: (more info on Youtube)

1. Rotate the **crank** arm for easy access and leverage.
2. Place your **pedal** wrench on the spindle flats or hex wrench into the port on the inside of the **crank** arm.
3. Push hard to loosen the spindle: Clockwise for the left-side **pedal**, counter-clockwise for the right.



If the spindle is rusted on, try spraying with WD40 otherwise please take the bike to a bike shop who should be able to do this quickly for you - hopefully without charge!

Please ensure they just take the pedals off and not the whole pedal arm!



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