



# Bike Check

This is an "M" check. Start at the front of the bike and systematically work towards the back. Put a cross beside anything that is faulty. Note any faults you find.

		X	FAULT
Front tyre	Good tread, no splits, cracks or holes, properly inflated		
Front wheel	True, no missing or broken spokes, good rim		
Front quick release	Secure, facing in right direction		
Front hub	No wobbles, turns smoothly		
Front brake	Firmly fixed, correctly positioned, pads or blocks not worn out		
Headset	No wobble or judder		
Handlebars	Not damaged, ends are protected		
Brake levers	Comfortable position, firmly fixed, travel is not excessive		
Frame/forks	Appears undamaged		
Bottom bracket	No wobble, turns freely		
Chain set	Cranks are not bent, chain rings are not buckled		
Seat post	Undamaged, not extended beyond minimum insertion point		
Pedals	Turn freely, undamaged		
Saddle	Firmly fixed, if damaged will injure rider		
Rear tyre	Good tread, no splits, cracks or holes, properly inflated		
Rear wheel	True, no missing or broken spokes, good rim		
Rear quick release	Secure, facing in right direction		
Rear hub	No wobbles, turns smoothly		
Rear brake	Firmly fixed, correctly adjusted, pads or blocks not worn out		
Gears	Mechanisms securely fixed, correctly adjusted		
Chain	Lightly oiled, not rusty, worn or damaged		
Cables	Not frayed or rusty, ends are capped		
Mudguards	If fitted, are secure		
Lights	If fitted are secure and operational if night use is planned		
Other fittings	Pump, bottle cage, spares bag are all secure		