

Bicycle Safety Checklist

Frame

_____ Look at the frame to make sure there are no dents, kinks, cracks, or other damages.

_____ Look for large patches of rust which could weaken the frame.

_____ Check that the parts of the frame are securely attached to each other and to the wheels, seat, front fork, and handlebars.

_____ Check for looseness in the seat, handlebars, and front fork.

_____ Check the seat height. The rider should be able to sit on the seat and at least touch a foot to the ground. Or, stand next to the bike, lift his leg, and his thigh should be parallel to the top tube.

_____ Is the handlebar in line with the front wheel?

_____ Your bicycle must be equipped with a white headlight visible at 150 meters and a rear red light/reflector visible at 100 meters.

Tires and Wheels

_____ Are the tires properly inflated?

_____ Do the tires still have good treads and no visible bulging or other damage?

_____ Do the wheels spin freely without wobbling? Does it stay aligned when spun?

_____ Are there any missing spokes or are any spokes damaged?

Brakes

_____ Test the brakes to see that they stop a spinning wheel quickly without slipping.

_____ While applying the brakes, try to move the bike forward. It should not move.

_____ For hand breaks, look at the brake pads. They should have at least 3/16 of an inch of rubber remaining and they should meet the rim squarely, not at an angle.

_____ For hand breaks, you should not be able to squeeze them all the way to the bottom. They should have some reserve left when the brake is completely engaged.

Crank and Chain

_____ Does the crank turn freely and without wobbling?

_____ Are the pedals firmly attached?

_____ Is the chain lubricated? Also check it for rust.

_____ If the bike has gears, does it shift freely?

Helmet

_____ Is it low on your forehead, no more than two fingers between your eyebrow and the helmet?

_____ Do the straps make a V under each ear with the chin buckle centered?

_____ Does the helmet fit snugly, no more than two fingers between the strap and your chin?

Sizes of tools used to tighten parts: Allens: _____ Open ends: _____

Other: _____