

Quick Bike Check

STEP 1

Lift the front end of the bike by the handlebar stem

- pat the front tyre to check the wheel is tight in the frame
- squeeze the sides of the front tyre to check inflation
- wobble the tyre/wheel from side to side to check there is no excessive bearing play

STEP 2

Return the wheel to the ground, apply the front and rear brakes

- check that the brake pads bear evenly on the rim
- check that the cables inside the levers are free from fraying
- check that there is no part of the mechanism missing
- check by pushing the bike forward that the brakes work

STEP 3

Release the brakes, step over the front wheel and grip it between the knees

- grasping the handlebar grips, check for side to side and up and down movement
- check that all levers on the handlebars are tightly fitted

STEP 4

Move towards the rear of the bike, grasp the saddle

- check for movements up and down and side to side

STEP 5

Lift the rear of the bike by the saddle

- pat the tyre in the direction of the rear drop-outs to check the rear wheel is tight in the frame
- squeeze the sides of the rear tyre to check inflation
- wobble the tyre/wheel from side to side to check for bearing tightness

STEP 6

Ask the rider to work the pedals by hand whilst you continue to hold the rear wheel off the ground by the saddle

- work the back gear lever from one extreme to the other (whilst rider pedals by hand) to check that the chain will not throw off the largest or smallest sprocket jam
- repeat using the front gear changer to ensure the chain will not throw off the chainrings
- wobble the pedals side to side in turn to check there is no excessive play in the bearings or in the bottom bracket