

Bike checklist

Use this bike checklist before a ride

Air – keep tyres pumped to the right pressure – usually written on the side of the tyre. Use a bike pump, not a service station/car pump. Check the tread isn't worn out. Check the wheel spins freely without wobbling, and there are no broken spokes.

Brakes – wheel the bike forwards and check each brake by pulling on the levers one at a time. The brake pads should fully touch the rims or disc when on.



Fit – check that the seat post is not raised above the Min Insert marking as this can cause injuries and damage to the bike.

Chain – check the chain has clean oil on it and can move freely. The chain should look black or silver, not rusty. A little oil should come off if you touch it. If dirty oil has built up, clean that off first before adding more oil.

Direction – with the front wheel “parked” between your legs, try to turn the handlebars firmly. The wheel should turn with the handlebars, and the handlebars shouldn't feel loose or wobbly.

Everything else – drop the bike gently from about 10cm and listen and feel for any unusual rattles. Tighten or remove any parts that have come loose.

Check all quick release levers are closed correctly and tight.