

## 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: \_\_\_\_\_