



BIKE SAFETY

THE 'M' CHECK



Saddle

- Check it's secure
- Correct height (should be in line with your hips)
- Check max extension mark
- Check seat post is clamped/bolted



Gears

- Derailleur is clear of spokes
- All gears can be selected
- Ensure gears don't slip



Chain

- Chain remains on sprockets
- No sign of rust or stiff links
- No excessive play in the chain



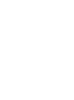
Tyres

- Check the condition (not worn or cracked)
- Check pressure



Bottom Bracket

- Hold pedal crank arms and check there is no side-to-side movement



Brakes

- Brake levers are easily accessible
- No excess pull required on the levers
- Brake pads are clear from the rim
- All components are tight
- No frayed cables



Handlebars

- Aligned with front fork
- No movement or swaying



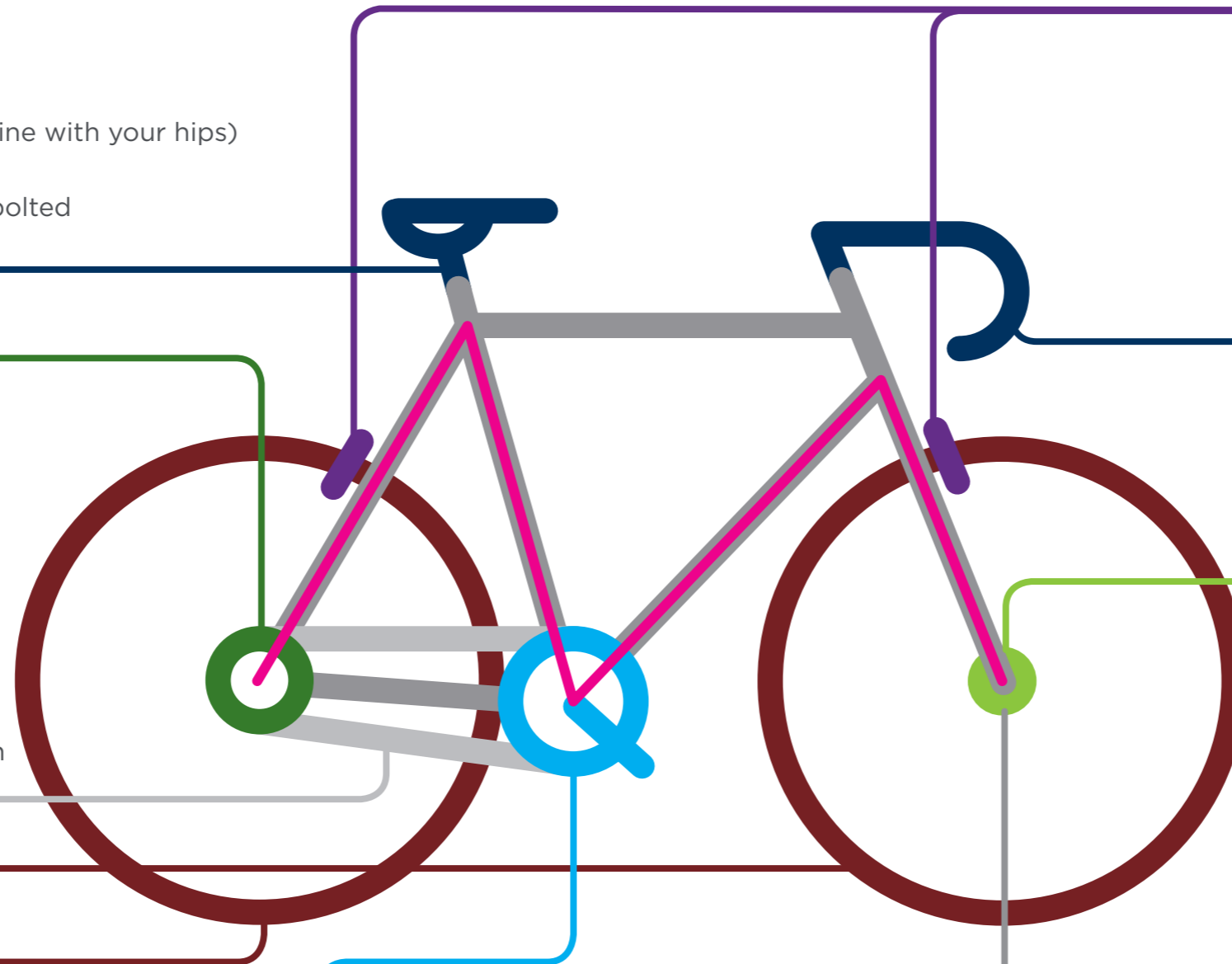
Front Wheel

- Check wheel nuts and quick release levers are secure, and the wheel sits centred in fork
- No spokes missing or loose
- Wheels roll smoothly
- Rims run free of brakes



Forks & Frame

- No cracks or holes
- No wrinkling paintwork or rust



REGULAR 'ABCD' CHECK THAT SHOULD BE DONE BEFORE EVERY RIDE

- A = Air (inflated tyres?)
- B = Brakes (front & rear ok?)
- C = Chain (seizing, slipping or rusting?)
- D = Drop (is there anything loose, all sound ok?)