

Bike Check

1 Front Wheel and Tyre

- Check that the wheel spins freely, with no excessive wobbles or buckles.
- Check for loose spokes by running your hand over the spokes (when the wheel is stationary).
- Check that the tyre is inflated to a reasonable pressure. Manufacturer's recommendations will be indicated on the sidewall of the tyre.
- Ensure that the tread is not excessively worn and that the tyre has no splits, cracks or holes.

2 Hub and Axle

- Check that bolts and quick release mechanisms are securely tightened.
- Wheels should spin freely with no excessive side to side movement.
- BMX stunt pegs – be aware of safety implications if these are fitted (see *British Cycling Health and Safety Guidelines for Coaching Cycling* for specific details).

3 Brakes

- Check the brakes actually work and are properly adjusted. When the brakes are fully on, the lever should have been pulled approximately halfway to the handlebars.
- Rim brakes – check that the brake pads are not excessively worn and that there is at least 1mm between the pad and the rim.
- Disc brakes – check that there is no rubbing between the disc rotor and the pads by spinning the wheel. The wheel should spin freely.
- Check the parts of the brake are securely attached (ie levers, callipers and pads).
- Cables should not be frayed.

4 Forks, Headset and Handlebars

- Check for damaged or bent forks. If there is visible distortion, the bicycle should not be used.
- Check adjustment of the headset by engaging the front brake and seeing if there is any rocking movement when gently pushing on the handlebars. There should be no movement.
- Check that suspension forks, if fitted, operate through its intended range of movement (travel) with adequate resistance for the rider. There should be some movement, but it should not be possible to move the suspension through its entire travel.
- Suspension should be free from side-to-side play.
- Handlebars and stem are securely attached.
- Handlebars and stem are straight.
- Handlebar ends have plugs fitted.
- Grips, brakes and gear levers (and bar ends, if fitted) are all securely attached to the handlebars.

5 Frame

- Check for damaged or bent frame. If there is visible distortion, the bicycle should not be used.
- Check that rear suspension, if fitted, operates through its intended range of movement (travel) with adequate resistance for the rider. There should be some movement, but it should not be possible to move the suspension through its entire travel.
- Suspension should be free from side-to-side play.

6 Pedals, Cranks and Bottom Bracket

- Check that there is no side-to-side movement in the bottom bracket or cranks by holding one crank still and trying to move the other crank.
- Check that the pedals rotate freely.

7 Saddle and Seat Post

- Check the saddle is securely attached to the seat post.
- Check that the seat post is securely fixed into the frame.
- If a quick release seat clamp is used this is set to the closed position.
- Check that the saddle is straight and set to the correct height for the rider.

8 Rear Wheel, Tyre, Hub and Axle

- Check in the same way as 1 Front Wheel and Tyre, and 2 Hub and Axle.

9 Chain and Gears

- Check that the chain is lubricated properly and is not slack or rusty.
- Check that the gears are properly adjusted, lubricated and cables are not frayed.



Helmet Check

- Have a CE mark and conform to an appropriate standard
- Show no visible signs of damage such as cracks or chips
- Fits correctly
- Is always worn correctly
- It is snug but not too tight – the rider should be able to bow forward without the helmet falling off when the chin strap is undone
- The helmet is comfortable



- ① Ensure the helmet is level on the rider's head, ensuring the temples are protected – it must not be tilted back
- ② The Y of the side straps should meet just below the ear
- ③ The chin strap should be snug. Ideally, the rider should be able to easily put two fingers between their chin and the strap

Clothing Check



- ① Clothing is appropriate for weather conditions
- ② Not baggy
- ③ Ideally, the rider is wearing gloves
- ④ Trousers should be rolled up or tucked into socks
- ⑤ Appropriate footwear with laces short or tucked in