

## Bike Safety Check

### Frame

- Check for **damaged/bent** frame and forks

### Headset and Brakes

- Check that the **brakes** actually work and are **properly adjusted** – when the brakes are fully on the lever should have been pulled approximately half way to the handlebars
- Check that the brake **levers** are securely attached and cables are not frayed
- The **brake pads** should not be excessively worn nor rubbing on wheel rim/disc brake rotor
- Check **adjustment of headset** by turning front wheel to 90 degrees, engaging front brake and seeing if there is any rocking movement when gently pushing forwards and back

### Wheels and Tyres

- The wheels should **run freely**, with **no excessive wobbles/buckles**
- **Check for loose spokes** by running your hand over the spokes
- Tyres should be **inflated to a reasonable pressure** – manufacturers recommendations will be indicated on side wall of tyre
- The **tread** should **not be excessively worn** and the tyres should have **no splits, cracks or holes**

### Hubs and Axles

- Bolts and quick release mechanisms should be securely tightened

### Saddle and Handlebars

- **Check to see if either are loose**, but do not use undue force
- **Check saddle:**  
Saddle should be **straight**  
**Saddle height** – cyclist's knee should be slightly bent when they have the ball of their foot on the pedal, and the pedal is at its lowest point
- **Handlebars** – handlebars and stem should be **straight and - in line**. Handlebars should have **end plugs**

### Pedals, Cranks and Bottom Bracket

- Check that there is **no movement in the bottom bracket or cranks** by holding one crank still and trying to move the other crank. There should not be any movement
- Check that the **pedals rotate freely**

### 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**

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## Kit List

### ALWAYS:

Helmet  
Gloves  
Grippy Shoes  
Base layer/thermal  
Warm top  
Waterproof  
Rucksack  
Snack and drink  
Spare inner tube  
Pump  
Multitool

### EXTRAS WHEN COLD:

Warm top(s)  
Full leg cover  
Winter/ski gloves  
Hat and/or buff  
A warm drink, if possible

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