

Pre-Cycle Checks

The 'M' check which ensures you don't miss anything: start with the front hub and wheel, up to the handlebars, down to the bottom bracket, back up to the saddle and end at the back wheel, looking out for potential trouble-spots in between.

Start at the front wheel

- Spin the wheel – it should spin straight.
- Check for missing or broken spokes.
- Listen to make sure you can't hear any damaged bearings.
- Check that the tyres are pumped up and look for wear on the tread or for any cracks in the tyre.

Then look at the brakes

- Squeeze the brake levers and then push the bike forwards to make sure the brakes are working effectively.

Check your handle bars

- Hold the front wheel between your knees and try turning the handlebars – if the bars move without the wheel moving, your stem needs tightening: this can usually be done with an allen key.

Moving onto the second part of the M: check your frame

- Look out for hairline cracks in the frame, especially at the joins. You should never ride a bike with a cracked frame, no matter how small.
- Spin your pedals and check they are in good condition.
- Check that your saddle is at the right height and is bolted tightly: remember, your leg should be almost fully extended at the bottom of a pedal stroke.
- Check your back brakes and wheels as with the front.

Check your gears

- While pedalling, click through the whole range of gears.
- Check that your chain is clean and lubricated – a small pea size amount of grease can be used on the chain if required.

DO NOT RIDE OUT ON A BIKE WHICH HAS NOT PASSED ALL THESE CHECK OR IF YOU ARE UNHAPPY WITH IT IN ANY WAY.

ALL BIKE DEFECTS MUST BE REPORTED ON YOUR WARDEN.