

Bike check

Before you set off on any ride, check all bikes in the group are in good working order.

REMEMBER YOUR

A

AIR

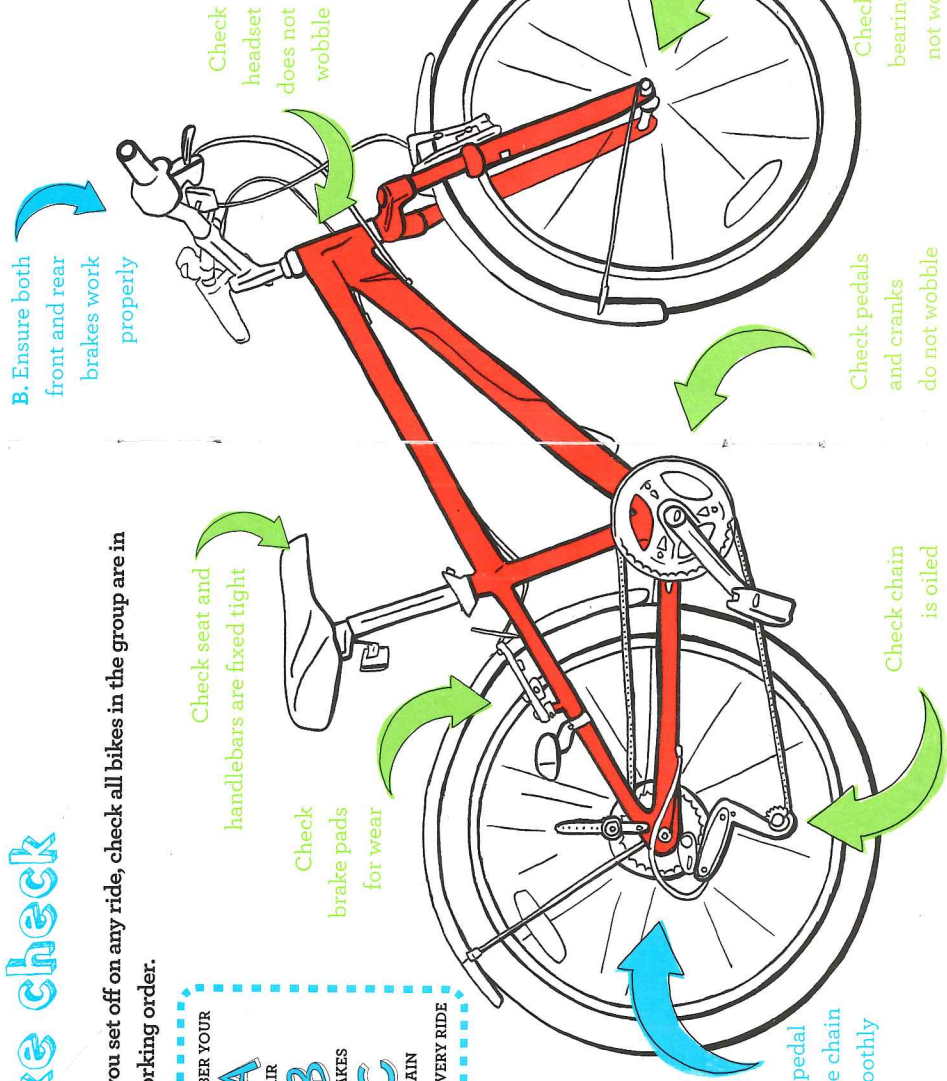
B

BRAKES

C

CHAIN

BEFORE EVERY RIDE



B. Ensure both front and rear brakes work properly

Check seat and handlebars are fixed tight

Check brake pads for wear

A. Check tyres are pumped

TYRES Squeeze the sidewall of the tyre to check the air pressure. There should be no give and the tyre should feel solid.

Check hub bearings do not wobble

Check pedals and cranks do not wobble

Check chain is oiled

C. Back pedal to ensure chain runs smoothly