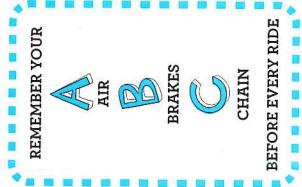


# Bike check

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



**B.** Ensure both front and rear brakes work properly

**BRAKES** Check the front brake by rolling the bike forward and applying the brake. The bike should stop quickly. Ensure you can fit two fingers between the brake lever and handlebar.

Roll the bike backwards to check the rear brake.

**A.** Check tyres are pumped

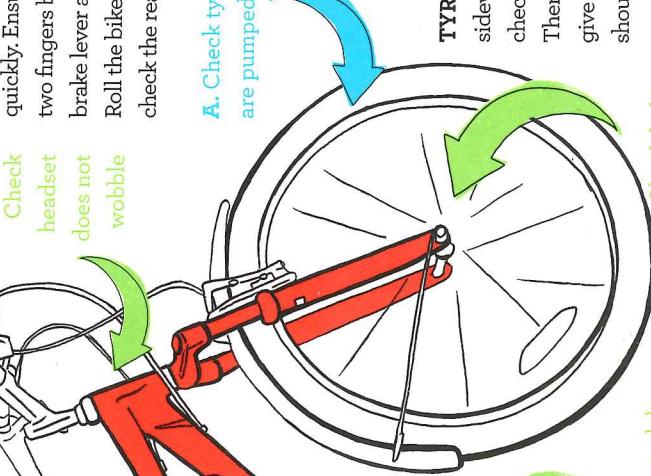
**TYRES** Squeeze the sidewall of the tyre to check the air pressure. There should be no give and the tyre should feel solid.

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



Check seat and handlebars are fixed tight

Check brake pads for wear

BEFORE EVERY RIDE