

Cycling ABC Quick Check

The following quick tips can be displayed in a central location to allow for both parents and students to be made aware of basic safety check up tips for their bicycles.

The Cycling ABC Quick Check is an easy way for you to remember what parts of the bike you need to check in a basic safety inspection. Practice the Cycling ABC Quick Check so that you can do it in about 45 seconds.

A is for Air (in your tires)

- Check everything to do with tires
- Are they inflated?
- Are they true (the wheel should be straight)?
- Is there any looseness in the axle bearings?
- Is there badly worn tread?



B is for Brakes

- Are the levers far enough from the handlebars?
- Do the brakes fully tighten against the rim?
- Are the brake pads in the proper position, not too worn?
- Are the cables worn?
- Check the handlebars for looseness (hold the front wheel between your knees and try to twist the handlebars)
- Check the headset for looseness (apply the front brake, rock the bike back and forth from side to side, up and down)



C is for Chain or Cranks

- Check everything to do with the drive chain
- Is the chain on and lubricated?
- Do the pedals spin freely?
- Is there any looseness in the bottom bracket?
- Are the levers flush against the forks?
- Are the levers on tight?
- Are the gear derailleurs in the correct position?
- Try your brakes as you ride off
- Are the nuts on the axles tight?
- Drop check to listen for loose parts (lift the bike a few inches off the ground, drop it and listen for loose parts)

