

Saddle Height – Cyclist should be able to touch the ground with the balls of both feet whilst sitting on the saddle. If the feet are flat on the ground the saddle is too low. Check saddle does not move up / down or left / right.

Back Reflector – This is required between sunset and sunrise, and kept clean.

Tyres – Check that they have a good tread and are pumped up hard. Any punctures must be fixed.

Chain – Check the chain should be well oiled. Check the tension so that it will not come off in use.

Cycle Helmet – please ensure it is correctly adjusted so that there is no great movement either up or down. A good test is to put your hand flat on your nose and push your hand up towards your helmet. If the helmet moves easily away from your forehead then it is too loose and needs readjusting.



Bell – This is not required although it is a good idea to have one fitted.



Pedals – Check they spin freely, the shaft connecting both pedals through frame is tight.

Gears – Where gears are fitted please ensure they are correctly adjusted so that the chain does not come off when changing gear.

Headset – Check for “Shake” by lifting bike off the ground. If the frame moves or rattles before the front wheel then the headset needs tightening.

Handlebars – Check the handlebars are tight by standing astride the front wheel and trying to turn the handlebars.

Front/Rear Brakes – Check that they are in full working order. The brakes blocks should grip the rim when the brake is applied and not touch the rim when released.

Wheels - Check wheels are not bent or buckled. Check the wheel nuts are tight.

Spokes – Check they are tight, replace any missing ones.

Front/Rear Lights – These are required between sunset, sunrise and in poor visibility.

