

## Bicycle Safety Checklist

### Frame, Forks, and Handlebars



- The frame and forks are not bent out of shape, and they have no cracks.
- Handlebars are aligned with the frame and tightened securely.
- Hand grips are tight and in good condition, and handlebar ends are plugged.
- The headset bearing (which allows the handlebars and front fork to turn as you steer) is well lubricated and turns freely without binding.

### Wheels & Tires



- Wheels are true and round, centered in the forks, and securely attached.
- Wheels move freely with no more than barely perceptible play.
- Rims are free of dents, kinks, oil, and grime.
- Spokes are unbent and uniformly tightened.
- Tires have good tread.
- Tires are inflated to the recommended pressure.

### Saddle



- The saddle is securely tightened and aligned with the frame.
- The seatpost is not extended beyond the maximum mark on post.
- Saddle height, tilt, and fore/aft position are adjusted to the rider.

### Drivetrain



- The chain is clean, lubricated, and has proper tension, allowing about 1/2" inch of play. There are no stiff links.
- The gears are clean and oiled. Front and rear derailleurs are adjusted for smooth shifting.
- Crank arms are clean and not bent out of shape. They are tightened securely on the crankset axle.
- Pedals are tightly screwed into the crank arm.
- The chainring is clean, not worn, and not bent out of shape.

### Lights, Reflectors, and Accessories



- Rear red reflector (and light if riding after dark) is visible for 300 feet. Lights/blinkers are functional with generator or batteries.
- Front light (if riding after dark) is visible for 500 feet, with a generator or battery in good operating condition.
- All accessories (water bottle, bag, etc.) are securely fastened. There are no broken frames or fasteners.
- The bell or horn (if present or if required by law) is in good operating condition.

## Brakes



- Brakes provide smooth, even deceleration with no squeaking.
- Coaster brakes operate within a 20-degree back-pedaling motion.
- Hand brakes operate evenly with minimum movement of brake levers. Cables are taut, with no frayed ends or broken strands. Brake pads are properly aligned with and do not drag on rims or discs.

## Helmet



- The helmet is sized and adjusted properly to fit the rider.
- Helmet straps, liner, and pads are in good condition.
- The helmet is worn properly.