

Bicycle Safety Inspection Checklist

Check all boxes that apply when making your bicycle inspection and make any necessary adjustments before you ride your bicycle.

Handlebars

- Move Sideways
- Move Front to Back
- OK. Cannot Move

Saddle Position

- Too High
- Too Low
- Too Loose
- Correct height
- OK Cannot Move

Tires

- Low Pressure
- Worn
- OK

Hand Brakes

- Front Pads Worn
- Levers Need Adjustment
- Rear Pads Worn
- Cable Ends Frayed
- Cable Ends Capped
- OK Brakes Are Effective

Coaster Foot Brakes

- No Not Stop
- OK Brakes Effective

Hand Grips

- Hand Grips Uncovered
- Ends Plugged & Protected
- Ok Grips Don't Twist

Frame/ Fork

- Bent
- Cracked
- OK

Reflectors & Lights

- Front Light Missing
- Rear Red Reflector Missing
- Reflector Hanger Bent
- OK Front Light Attached
- OK Reflector Attached & Working
- Optional Rear Light Added & Working

Quick Release Levers

- Closed
- Facing Backward

Chain

- Dirty
- Rusty
- Too Loose
- OK

Frame Size

- Too Big
- Too Small
- OK

**Protect Yourself!
Wear a Helmet!**

ABCD Quick Check

A. Air

*Is the air pressure in the tires correct?
Are the tires in good shape?
Do the wheels spin freely?
Are all the spokes tight?*

B. Brakes:

*Do the brakes make the wheels skid?
Are the pads in good shape?*

C. Chain:

*Is the chain straight?
Is it clean and lightly oiled?*

D. Drop:

Raise the bike about two inches and drop it. Does it make noise?

Something may be loose.

Quick Check:

If the bike is equipped with quick release fittings, are they tight?

Handlebars

With front wheel between legs, try to twist and then rotate handlebars. Tighten as needed to secure and tighten in a straight position. Bounce bike a few inches off the ground. Loose nuts, bolts, and spokes will be revealed.

Saddle Position

Try to twist the saddle. It should be tight and not move. Cyclist sits on saddle with balls of both feet touching the ground and, with one pedal in the lowest position, balance the other foot on the pedal. Two inches of seat post should remain inside the frame-maximum extension line should not show.

Tires

Thumb test by pushing down on each tire. Too much indent could require additional air.

Hand Grips

Must not twist easily. They must cover the handlebar ends with no protrusion of metal allowed.

Frame / Fork

Sturdy, straight, and secure with no evident damage.

Chain

No excessive looseness. Taut with some play.

Reflectors & Lights

Check that all lights and reflectors are mounted securely on the bike and are visible from a distance. California law requires a white light (not a reflector) in front, a red reflector in back, and a white or yellow reflector attached to each pedal when riding at night.

Coaster Foot Brakes

Ability to leave a skid mark. Either have cyclist do a skid or push forward and push pedal to apply brake. Is the brake arm attached to the frame near the rear wheel?

Hand Brakes

Depress levers and place fingers between lever and handlebar. At least one inch of space must remain between depressed lever and handlebar.

Frame Size

Straddle the bicycle with the top tube between the legs. Lifting handlebars and front wheel, the cyclist must have 13 inches of space. More experienced cyclists may sit on the saddle with the ball of one foot touching the ground, and the other foot on the pedal in its lowest position with a slightly bent knee. A young cyclist cannot adequately control a bike that is too big and lack of control leads to dangerous riding habits.

