

Bike check form

The following checks should be carried out to ensure that your bike is safe to use. If you answer no to any of the questions, this indicates a fault. Any faults should be corrected prior to use.

Rider's name	Date of checks
Bike check	
Bike size	
Is there adequate clearance from the cross bar when the rider stands across the bike with both feet on the ground?	Y/N
Can the rider sit on the saddle whilst the bike is stationary and hold the bike in an upright position?	Y/N
Front and rear wheel	
Lift the wheels in turn; do they spin freely?	Y/N
Do the wheels (rim and spokes) appear to be in good condition?	Y/N
Is the tyre in good condition and pumped up firmly?	Y/N
Brakes	
Does the front brake stop the bike firmly during a 'walk forward' test?	Y/N
Does the back brake stop the bike firmly during a 'walk backwards' test?	Y/N
Handlebars	
Are the handlebars firmly in place when you try to twist them with the front wheel gripped between your knees?	Y/N
Are the handlebars firmly fixed in place?	Y/N
Are the plugs at the end of the handlebars in place?	Y/N
Are the brake and gear levers in good condition and can they be reached by the rider?	Y/N
Pedals, chains and gears	
Are the pedals firmly in place if you shake them?	Y/N
Does the chain go round easily when the back wheel is lifted off the ground and the pedals are turned?	Y/N
Do the gears change correctly during a short test ride?	Y/N
Saddle	
Is the saddle firmly in place when you shake it?	Y/N
Is the seat post height within its safety limits?	Y/N
Is the saddle in reasonable condition?	Y/N