

The 'A.B.C' check

This is a quick one minute check to be done every time you ride!

A >> Air

Are your tyres correctly inflated? Give them a squeeze for a quick check. It's worth finding out the minimum/maximum pressure in PSI or BAR (shown on the side wall of each tyre) and inflate accordingly. Even a non-punctured tyre will leak a small amount of air over time!



B >> Brakes

Stand by your bike and pull the front brake. If you push the bike forward the back wheel should lift off the ground. Now pull the back brake and pull the bike backwards, and the front wheel should lift off the ground. If not, your brakes need tightening!



C >> Chain

Look for signs of rust or stiff links. The chain should make a regular clicking sound when you rotate the pedals backwards. Clean your chain (with degreaser) and re-oil it every now and then.



Essex Pedal Power is a new and exciting community-based project being piloted in Clacton and Jaywick Sands, which allows eligible residents to apply for a new **FREE quality bike**. The new programme aims to make cycling available for everyone. Find out more at www.activeessex.org/essex-pedal-power

The 'M' Check

This is a widely used safety check that allows your bike to be safe in five minutes.



Follow the strokes of the M to make sure you don't miss anything!

FRONT WHEEL & TYRE

- ☐ Is the wheel nut or quick-release tight?
- ☐ Is the wheel central in frame?
- ☐ Are there any loose or missing spokes?
- ☐ Are the bearings tight?
- ☐ Are the rims worn down?
- ☐ Check that the tyre tread isn't worn and inspect for damage and bulges.
- ☐ Is there enough air in the tyres (check recommended P.S.I. on tyre)?

HANDLEBARS & BRAKES

- ☐ Is the handlebar aligned with front fork?
- ☐ Are all the bolts tightened?
- ☐ Do your lights and bell (if fitted) work?
- ☐ Do the brakes lock the wheels firmly?
- ☐ Are all the components tight?
- ☐ Are any of the brake cables frayed?
- ☐ Do the brake blocks rub against the wheel rims?
- ☐ Do the brake levers touch the handle bar when pulled?
- ☐ Can your fingers reach the brake levers easily?

FRAME, PEDALS & CHAIN

- ☐ Are the forks loose at the point that they enter the frame (the headset)?
- ☐ Is there any rust on the frame?
- ☐ Does the frame look damaged or bent?

- ☐ Are the pedals stable on the cranks?
- ☐ Do the pedals spin round easily?
- ☐ Moving the cranks into and away from the bike will show if your bottom bracket has any movement.

SADDLE

- ☐ Is the saddle secure on the seat post?
- ☐ Does the seat post wobble?
- ☐ Is the saddle at the correct height?
- ☐ Ensure the seat post isn't above minimum insertion height indicated on the post.

BACK WHEEL & TYRE

- ☐ Is the wheel nut or quick-release tight?
- ☐ Is the wheel central in frame?
- ☐ Are there any loose or missing spokes?
- ☐ Are the bearings tight?
- ☐ Are the rims worn down?
- ☐ Check that the tyre tread isn't worn and inspect for damage and bulges.
- ☐ Is there enough air in the tyres (check recommended P.S.I. on tyre)?

IMPORTANT!

Get your bike checked by a qualified cycle mechanic if you encounter anything that you are unsure of.