

## Pre-ride check

Takes a few minutes.

Check	Done
Check wheels are securely attached to the frame and forks.	
Check tyres are inflated to pressures stated on the tyre wall (do not use commercial air lines).	
Check handlebars and stem are tight.	
Check brakes work efficiently and the blocks are aligned with the rim.	
Check pedal cranks and pedals are securely attached.	
Check saddle and seat post are secure and adjusted to the correct height.	
Check gears are working correctly.	
Complete a "listening check". Spin both wheels and listen for any rubbing sounds. Investigate and adjust if brakes or mudguards are rubbing.	
Complete a "snag check". Check for frayed cables that may snag clothes when riding. Replace worn or damaged cables where necessary.	

This checklist is for general help and advice only. It is not designed to replace the handbook supplied with your bike. If bike maintenance is not your bag, seek advice and service from a qualified cycle mechanic.