

Bike Safety Checklist

Participant _____

This checklist should be taken into your local bike shop. The bike shop should perform a safety check on the bike to ensure it is safe and in proper working order. This check should minimize time spent on repairs, and optimize riding time. There will be charges for necessary repairs.

Pass Fail Repaired

- | | | | |
|--------------------------|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Handlebar, stem, seat, seat post, pedals, cranks and important bolts are all tight. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Gears shift smoothly, derailleurs, cables and housing in sound working condition, levers tight, limit screws properly adjusted. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Brakes work properly, levers, cables and housing, pads in good working order and condition. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Wheels are reasonably true with no broken or loose spokes. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Frame and fork are not bent, cracked, or otherwise seriously misaligned. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Bearings in headset, bottom bracket, cones in hubs, are not excessively loose or in need of urgent repair. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Tires are not seriously worn, torn, cracked, cut, or in need of replacement. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Wheel nuts and/or quick releases are properly installed and tight. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Bell, rear and front reflector/lights are in working order. |

Mechanic Recommendations: _____

Mechanic Name: _____ Date: _____ Shop: _____

This Bike check is meant to only be a preventative inspection. Neither the bike shop nor the clinic organizers are responsible for the state of each participant's bicycle. It is the full responsibility of each participant to ensure that their bicycle is properly maintained and safe. Please take your bicycle into the bike shop as soon as possible, as you may need to leave it there for a few days (bike shops tend to be busiest during nice weather). This form must be returned completed at the first session.