

## Pre Ride

- A** - Air
- B** - Brake
- C** - Chain
- D** - Drop
- S** - Saddle

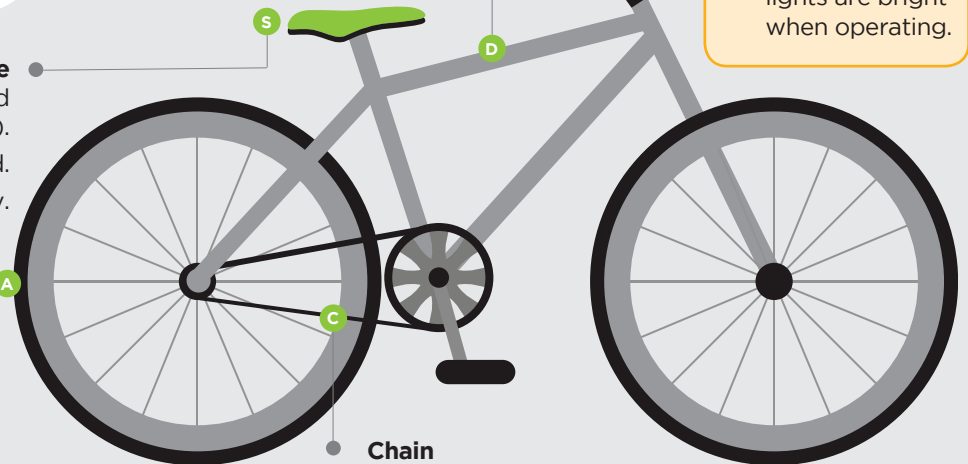
**Saddle**  
Check that the saddle is secure and at the correct height (hip level).  
Shouldn't be overextended.  
Seat needs to be bolted tightly.

**Air**  
Tyres should be inflated and feel very firm to touch.  
Maximum pressure is written on the tyre.

**Drop**  
Lift the bike and drop from a few centimetres.  
Listen for odd sounds.  
Secure loose fittings.

**Brakes**  
Test both front and back brakes.  
Brake pads should be clear from the rim.

! Front and rear lights are bright when operating.



**Chain**  
See that it moves smoothly.

## Monthly Checks

! Fittings such as racks, front and rear lights, wheel reflectors and kick stands should be firmly secured.

Wipe down your bike with a damp rag.

Make sure your bell is in good working order.

Brake levers are firm. They should never be loose enough to touch the handlebar when squeezed hard.  
Brake and gear cables should not be frayed or damaged.

Check the tyres for wear or splits in the rubber and replace if necessary.

Check wheels for rust, buckles, bulges, rims with dents, and loose or broken spokes. Look for loose hub bearings by wiggling wheel sideways.

Check that wheel axle nuts are tight.

Check that derailleur gears are not bent and that they do not travel too far and jam the chain.

Pedals are intact and should spin freely.

Clean and lubricate the chain.

## Annual Check - Maintenance check at your local bike shop