

North West Cycle Coaching

2016 SUMMER COACHING SESSIONS

Bicycle Safety Check (M-Check)

This safety check sheet will allow you, or your child, to check that their bike is road-worthy and safe to bring to the sessions. You could print out this checklist (maybe even laminate it!) and hang it up in your garage, shed or workshop as a handy guide when checking all of the bikes in your house. This check is also known as an M-check because you follow an 'M' shaped pattern to check each component on your bike.

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|--------------------------|---------------------------------|---|
| <input type="checkbox"/> | Rear Derailleur/Cassette | Not bent, cassette secure on wheel, no bent/missing teeth, moves smoothly through gear changes |
| <input type="checkbox"/> | Rear Wheel | Wheel should spin smoothly, no missing spokes, no wobble, skewers secure |
| <input type="checkbox"/> | Rear Tyre | Tyre intact, no cracks, not worn, sidewalls okay and pumped up to a suitable pressure |
| <input type="checkbox"/> | Rear Brake | Apply rear brake and walk backwards, front wheel should rise. Check brake pads for wear, should be secure and aligned |
| <input type="checkbox"/> | Saddle | Secure (no movement). Not worn. Level and in a suitable position |
| <input type="checkbox"/> | Seat Post | Not over height limit, secure (should not move/spin) |
| <input type="checkbox"/> | Chainset | No bent or missing teeth, moves smoothly through gear changes |
| <input type="checkbox"/> | Chain | Not bent, goes around smoothly, lubricated |
| <input type="checkbox"/> | Cranks | Secure, no side to side wobble, feel smooth to turn |
| <input type="checkbox"/> | Pedals | Not loose, spin freely on axle, cleats not worn out |
| <input type="checkbox"/> | Frame | No dents or deep scratches, frame intact, bottle cages secure |
| <input type="checkbox"/> | Headset | Tight (place front wheel between legs and attempt to move handle bars forwards/backwards) |
| <input type="checkbox"/> | Handlebars | Not bent or damaged, fastened tightly to stem, bar tape tight and accessories secure |
| <input type="checkbox"/> | Brake Reach | Can reach brakes comfortably and fully apply brakes |
| <input type="checkbox"/> | Bar Ends | Must have bar ends on both sides |
| <input type="checkbox"/> | Forks | No holes or deep scratches, minimal gap between forks and frame at headset |
| <input type="checkbox"/> | Front Brake | Apply front brake and walk forwards, back wheel should lift slightly, check brake pads are secure, aligned and not worn |
| <input type="checkbox"/> | Front Tyre | Tyre intact, no cracks, not worn, sidewalls okay and pumped up to a suitable pressure |
| <input type="checkbox"/> | Front Wheel | Wheel should spin smoothly, no missing spokes, no wobble, skewers secure |

If you have any queries about how to repair your bike, either talk to one of the coaches on a Tuesday or email us at nwcyclecoaching@outlook.com and we will try to help you!