

Sample Bicycle Safety Checklist

- Frame - Clean and not bent out of shape. No cracks at Frame Joints.
- Front Fork - Clean and not bent out of shape. No cracks at Fork Joints.
- Headset Bearing - Well lubricated; turns freely with no binding. No perceptible play in the assembly.
- Bottom-Bracket Bearing - Turns freely with not more than barely perceptible play in the bearing.
- Crank Arms - Clean and not bent out of shape. Tightened securely on the Crankset Axle.
- Chainrings - Clean, not worn, and not bent out of shape. Chainring Bolts tightened securely to hold Chainrings to Crankarms.
- Pedals - Bearings well lubricated; turn freely with no play in the bearing. Pedals tightly screwed into Crankarm. Toe Clips functional.
- Fenders - Clean; tightly attached without rattling or rubbing against the Tires.
- Wheels - Run true and round. Wheel nuts tight. Closed and tight quick-releases. Centered in fork or frame members.
- Wheel Bearings in hubs - Well lubricated and properly adjusted to move freely with no more than barely perceptible play.
- Spokes - None broken or bent. Tightened to a uniform tension.
- Tires - Good Tread. Valves 0 completely airtight. Properly inflated to recommended pressure.
- Rims - Clean of all oil and grime. Free of dents or kinks.
- Chain - Proper tension, allowing 1/2 inch of play. No stiff links. Clean, lubricated, and wiped of excess lubrication.
- Gearing - Clean and oiled. Three-speed gears adjusted to eliminate all slipping. Front 42a and Rear 4b derailleurs adjusted for proper shifting with Shifters 4c.
- Brakes
 - Coaster - Even braking. Operate within a 20-degree back-pedaling motion.
 - Hand - Even braking. All nuts tight. Front and rear brakes work without binding. Minimum of 3/16 inch of rubber on Brake Pads. Brake pads aligned with rims and contact rims with a minimum of movement of Hand Controls. No squeal when brakes are used.
- Cables - No frayed ends. No broken strands. All taut.
- Handlebars - Tightened securely. Grips not worn; fit snugly, adjusted to comfort of rider, ends plugged, & in line with wheel.
- Saddle - Height, tilt, and fore/aft position adjusted to rider. All adjustments securely tightened. Seatpost not extended beyond maximum mark on post.
- Lights - Front light visible for 500 feet. Generator or battery in good operating condition.
- Rear Red Reflectors/Lights - Visible for 300 feet. Lights/Blinkers functional with generator or batteries.
- Bell or Horn - In good operating condition. All accessories well tightened and securely fastened. No broken frames or fasteners.
- Bike Registration - If required by local law, must be displayed on frame.