



Bike Safety Checklist

Participant: _____ Bike Make/Model/colour: _____

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.

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 operational.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Rear and front reflector/lights, bell (optional).

Mechanic's Notes: _____

Mechanic's Initials: _____ Shop Name: _____ Date: _____

This Bike Safety check is meant only to be a preventative inspection. Neither the bike shop nor the MCA/KOM program organizers are responsible for the state of each participant's bicycle. It is the full responsibility of participants to ensure that their bicycle is properly maintained and safe. Please phone your local bike shop for an appointment as soon as possible as you may need to leave it there for a few days. This form should be completed and submitted to your coach.