

M check: Safety check your bike

Section A

Front Wheel:

- Wheel-nuts tight.
- Hub bearings not loose or tight.
- Spokes not loose, broken or missing

Front Tyre:

- Fully inflated, not punctured
- Not worn or cracked

Front Brake:

- The front wheel stops when brake lever is pulled
- Brake pads not rubbing tyre or wheel rim

Section B

• Headset and Handlebars:

- Forks not damaged
- Headset tight
- Handlebars tight

○ Frame:

- Frame not bent or damage

Section C

Crank and front Gear:

- Gear moves the chain from one cog to another
- Cogs not bent
- Crank arm not loose
- Pedals not loose

Section D

Seat and Seat Post:

- Saddle does not move
- Seat post does not move
- Limit mark not visible on seat post

Rear Brake:

- See Front Brake

Section E

Rear Wheel:

- See Front Wheel

Rear Tyre:

- See front tyre

Rear Gear:

- See front gear