

Check your bike!

Tyres pumped up ✓
Front and back brakes working ✓
Clean chain ✓

Full checklist

To do	Checked
Wheels and tyres Tyres pumped up and tread not worn out. Wheels don't wobble from side to side on their axles.	
Brakes Squeeze right-hand brake lever and push bike - front wheel should stop turning. Squeeze left-hand brake lever and push bike - back wheel should stop turning. Check brake blocks are not worn out. They must touch wheel not tyre. Check brake levers are within easy reach and can be covered by fingers when riding.	
Steering Check handlebars are not loose, wonky or able to twist round. Handlebars must have "plugs" in the holes on the ends.	
Pedals Flick the pedals - they should spin freely.	
Seat height When seated toes should just touch the ground on both sides.	
Gears and chain Check that you can change into all gears smoothly, without them "jumping". Make sure the chain is well oiled and doesn't slip when you pedal.	

It is a legal requirement to have front and rear working brakes.

This is not a full list. If you have any questions please call us for help. If you don't know how to fix a problem please have it repaired by a qualified mechanic - we can help you to find one.