

★ The Frame

There should be nothing loose on the bike (apart from the chain). To check, lift up the front wheel of the bike and lightly drop it. If you feel anything shaking or wobbling it needs to be tightened. Do the same for the rear wheel lifting the bike with the seat.



Ready to ride

Needs repairs

★ Reflectors

Your bike should have a front and rear reflector to make you more visible. The front reflector should be attached to the front of the bike and be white in colour. The rear reflector should be attached to the back of the bike and red in colour. If you are riding at night you will need lights on your bike. Like the reflectors they should be red on the back and white on the front.



Ready to ride

Needs repairs

★ Bell

All bikes should be fitted with either a bell or a horn to warn others of your presence.



Ready to ride

Needs repairs

★ Handlebars

The very ends of the handle bars should be covered or closed with rubber. There shouldn't be a circular round metal hole that you can stick your finger in. If the hole is not closed serious injury can occur if you accidentally fall on this part of the bike.



Ready to ride

Needs repairs

If your bike requires repairs on any of the above do not ride it. Minor repairs can be carried out at home, more serious repairs need to be fixed by your local bike mechanic. Your bike should be serviced at your local shop at least once a year.

****ALWAYS WEAR YOUR HELMET WHEN YOU RIDE****