



CYCLE ASSISTANCE NETWORK™

Cycle Safety Checklist – Before every ride

Take a look at these areas before every ride	Completed	Notes for next time
Wheels : Check the bolts to make sure that both wheels are securely fastened in the frame		
Tyres : Check that the tyres are inflated to the correct pressure		
Handlebars : Check that the handlebars and stem are secure and bolts tight but not over tight.		
Brakes : Check that all the brakes are working correctly against the rim or disk		
Pedals : Check that the pedal crank arms are secure by tightening the bolt with a pedal spanner, and that the pedals are secure on the crank arms.		
Saddle and Seat Post : Check that the saddle and seat post are both securely fastened. Check that the minimum insertion point is not visible.		
Gears : Check that the gears are moving freely and operating correctly		
Loose fittings : Make sure accessories and mudguards are securely fastened.		

If your bike needs any work then please see our service packages on this website or get in touch using our contact page.

www.cancyclecare.co.uk/contact_us