

'Dr Bike' Checklist: For use by Bike Week event organisers and participants



- 1 Handlebars/stem
- 2 Headset/steering
- 3 Brake levers
- 4 Gear shifters/levers
- 5 Front forks

- 6 Front hub
- 7 Brakes (blocks/disc)
- 8 Wheels (rims and spokes)
- 9 Tyres
- 10 Frame (including rear suspension)

- 11 Saddle
- 12 Bottom bracket
- 13 Pedal cranks
- 14 Pedals
- 15 Chainwheel

- 16 Chain
- 17 Front derailleur
- 18 Rear derailleur
- 19 Rear cassette
- 20 Rear Hub

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	Area	Check	Action
1	Handlebars/stem	Tight; not distorted; ends protected; comfortable height	
2	Headset/steering	No wobble; correctly adjusted; turns smoothly	
3	Brake levers	Comfortable position; firmly fixed; cable not frayed, hydraulics working	
4	Gear shifters/levers	Comfortable position; firmly fixed; cable not frayed	
5	Front forks	Appear true and undamaged; any suspension safe	
6	Front hub	No wobble; turns smoothly; wheel securely fixed	
7	Brakes (blocks/disc)	Correctly fitted and aligned; not worn away	
8	Wheels (rims and spokes)	Reasonably true; no broken/missing spokes; good rim	
9	Tyres	Good tread; no splits, cracks or holes; pumped hard; valve straight	
10	Frame	Appears true and undamaged; any rear suspension safe	
11	Saddle	Safely fixed; straight; comfortable height (unless BMX)	
12	Bottom bracket	No wobble; turns smoothly; wheel securely fixed	
13	Pedal cranks	Straight	
14	Pedals	Firmly fixed; complete; turning freely, not bent	
15	Chainwheel	Not bent; teeth not worn	
16	Chain	Not too worn, not slack, lightly oiled not rusty	
17	Front derailleur	Properly adjusted; lubricated sufficiently, not bent	
18	Rear derailleur	Properly adjusted; lubricated sufficiently, not bent	
19	Rear cassette	Properly adjusted; lubricated sufficiently, not bent	
20	Rear Hub	No wobble; turns smoothly; wheel securely fixed	

Signature of Tester Date of test Location

A free cycle safety check undertaken by a knowledgeable cyclist is not intended to be a substitute for a full service performed by a qualified mechanic. If the bike requires extra attention and/or replacement parts the owner should visit a local specialist cycle retailer, preferably with a Cytech Accredited mechanic. You can search for your local shop with Cytech Accredited mechanics online at www.thecyclingexperts.co.uk.

