

CHECK LIST

1. *Reflectors* at front (white), rear (red), on both wheels and pedals.
2. *Bell* should be fitted and working.

Items 1 and 2 are required by law.

3. *Tyres* are not worn or cracked, are well pumped up and check that the valve is straight and at right angles to the wheel.
4. *Brakes* test that they are both working. Check pads for wear and adjustment
Check cables for wear, rust or splits and that they are running freely
5. *Chain* check for stiff links, that it is oiled
6. *Gears* check for adjustment, lubrication and that they are clean
7. *Bottom Bracket on pedals*
There should be no play.
8. *Wheel cones* check there is no play and the wheels are not bent or buckled.
9. *Handlebars* should be tight and not able to be twisted out of line from the wheel with no play in stem bearings.

Do not use washing up liquid to clean your bicycle – it removes the oil. Use Muck Off cycle cleaner or similar.

The recommended oil for use on your chain and gears is GT 85. It does not attract dirt but be careful to keep it away from pedals and brakes because it makes them slippery. Conventional oils and WD 40 are not suitable.

If you do not have one already a gear guard protects the derailleur gears on your back wheel should the bike fall over.