



Pre-Ride Safety Inspection

Before each ride, perform a safety check of your bicycle. This only needs to take a minute or two, but will help prevent avoidable accidents.

- Check the tires for proper inflation (marked on the side of the tire). Check the tire treads for excessive wear or other damage, such as embedded glass or other objects.
- Check the brakes. Spin the wheels to check for rubbing and then apply the brakes to ensure they stop the bike smoothly and evenly. Check the brake pads for excessive wear.
- Check the cables and housing to make sure there is no fraying or splitting.
- Check the wheel quick release levers to ensure they are secure.
- Check for any loose parts or other mechanical problems.
- Do a slow-speed ride and inspect bicycle, brakes, and shifting before you leave your driveway.