Bike check

Before you set off on any ride, check all bikes in the group are in good working order.

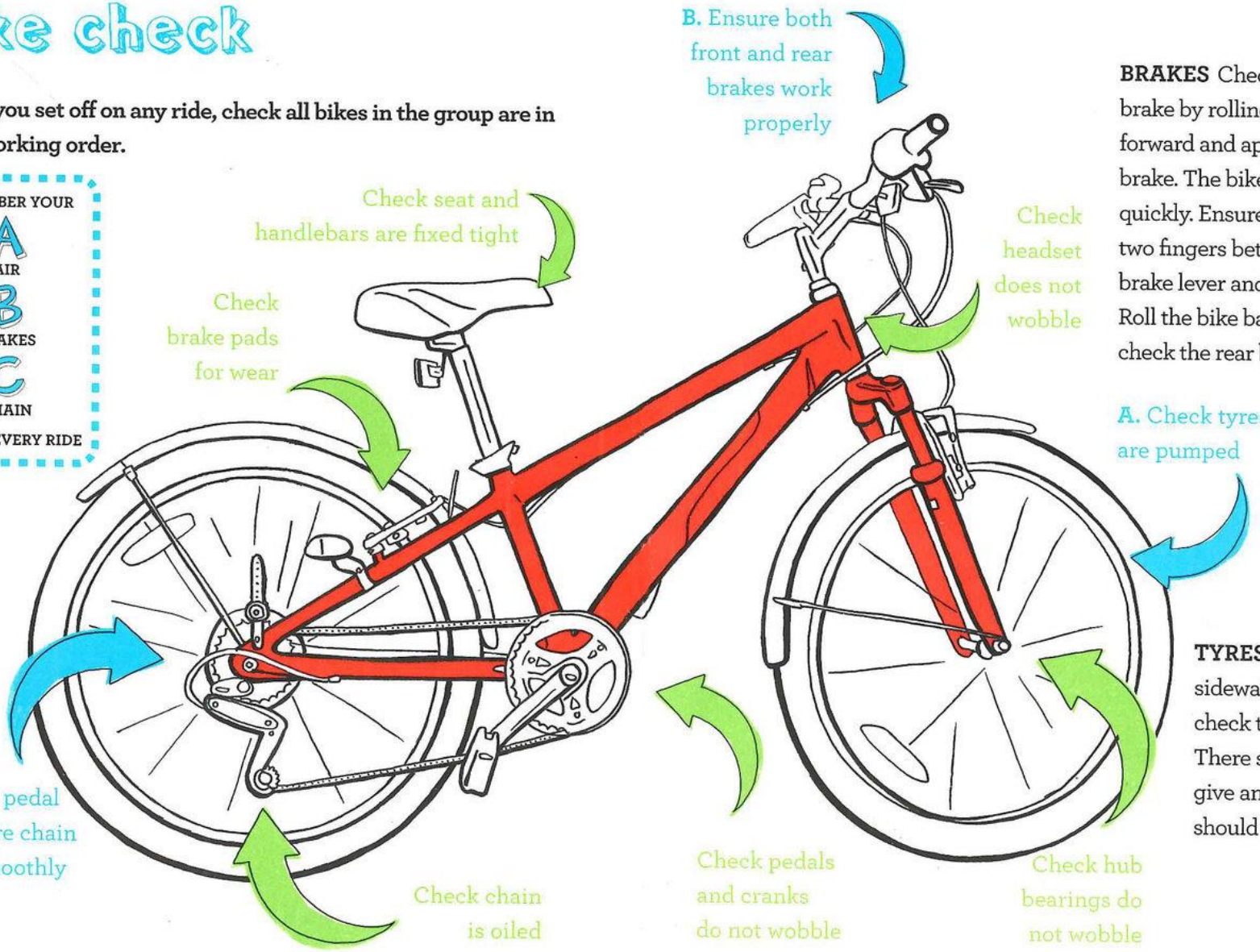
REMEMBER YOUR

A
AIR

B
BRAKES

C
CHAIN

BEFORE EVERY RIDE



BRAKES Check the front brake by rolling the bike forward and applying the brake. The bike should stop quickly. Ensure you can fit two fingers between the brake lever and handlebar. Roll the bike backwards to check the rear brake.

TYRES Squeeze the sidewall of the tyre to check the air pressure. There should be no give and the tyre should feel solid.