

Check your bike!





Is your saddle securely fastened and straight?

Grab the saddle and try to move it left and right.
Check if it points straight forward.

No? That's a shame! Your saddle must be securely fastened and point straight forward, otherwise, you could fall off and not be able to steer properly. Tighten your saddle and check it again afterwards.

One more tip: Also, check if the saddle is not tilted. If it's slightly upward or downward, you'll easily slide off.



Is your handlebar securely fastened?

Check if the handlebar is properly secured by pinching your front wheel between your legs and turning the handlebar.

No? That's a shame! Your saddle must be at the correct height, otherwise, you won't be able to reach the pedals and the ground properly. Loosen the saddle and adjust it to the right height. Make sure to tighten it properly again afterwards!

Is your bell audible?

Check your bell to hear if it works and if the sound is loud enough for others to hear.

No? Your bell must work properly to warn others. Tighten it or put a new bell on your bike. Check it again afterwards.

Are the grips securely fastened and intact?

Check if you can't move the grips and if they aren't slipping off your handlebars.

No? Your handlebars must be securely fastened and intact, as you could fall badly if they come loose while riding. Glue your handlebars in place with suitable adhesive or have new ones installed on your bike. Check them again afterwards.

Tip: Keep your hands on the handlebars. This prevents accidents.

Do your brakes work well?

For a coaster brake: when you pedal backward, the brakes should engage immediately, and you should be able to stop in time. For handbrakes: both wheels should be able to be properly braked. Stand next to your bike and hold the handlebars. Squeeze the brakes and try to push your bike forward. If this is difficult, your brakes are working well.

No? our brakes must work properly to stop quickly when needed. If you only use your front brake, you could flip over. Make sure both brakes are working well. Replace your brake pads and/or brake cables or have your brakes repaired, and check them again afterwards.



Does your front light work, does it shine straight ahead, and does it give white or yellow light?

Turn on your front light and check if it works properly. Does your front light work with a dynamo? Ask someone to lift your front wheel slightly and turn the wheel to see if your front light works properly. The bike lighting should shine straight ahead. It should not blind other road users and should not flash.

No? Make sure your bike lights are always working properly so that other traffic can see you in time. Have your headlight repaired or use a separate light temporarily. Check your lights again afterwards.



Are the spokes properly secured in both wheels and are none missing?

Check if all the spokes are in place and securely fastened.

No? All spokes must be present and securely fastened. They help the wheels carry more weight. Have your spokes repaired and check them again afterwards.

Do the tires have circular reflections or are there white or yellow reflectors in the wheels?

Check if there is a reflective strip in your tires or if there is at least one white or yellow reflector in each wheel.

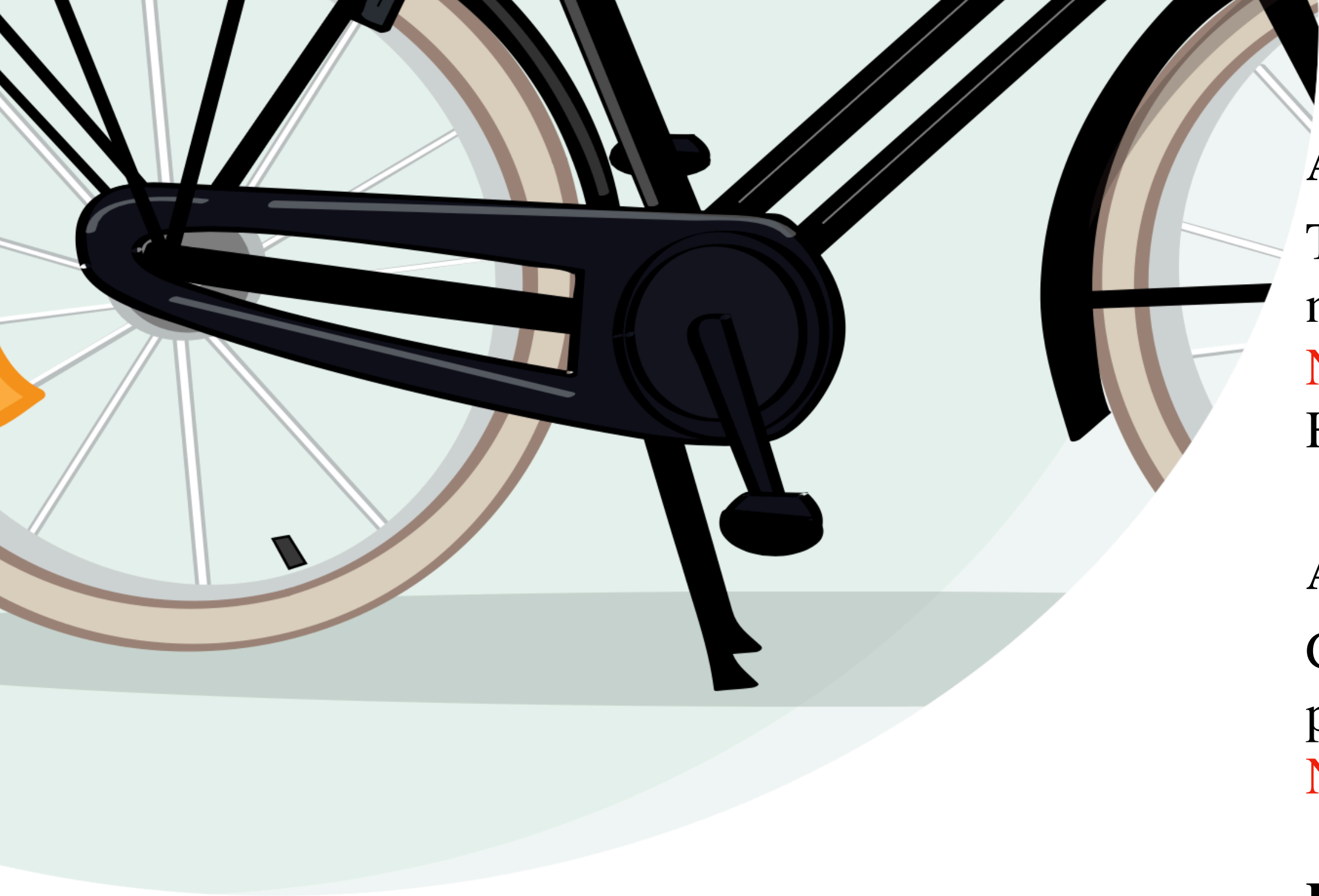
No? Your bike must have side reflectors to be seen from the side in the dark. Install reflectors on your wheels and check them again afterwards.

Are your tires properly inflated and do they have enough tread?

Feel the tires to see if they are firm enough. Then check if there is enough tread. They should not be (almost) smooth. You should be able to see grooves and bumps.

No? Your tires must be properly inflated and have enough tread. This will make it easier to pedal and reduce the risk of slipping. Inflate your tires or put on new tires with enough tread. Check them again afterwards.

Tip: Properly inflating your tires reduces pedaling effort. It also decreases the likelihood of flats, extending their lifespan.



Are your pedals grippy?

Test the grip of your pedals by moving your foot over them. You should not slip off.

No? Your pedals must have enough grip, otherwise, you could slip off. Have new pedals installed on your bike and check them again afterwards.

Are there two yellow reflectors on your pedals?

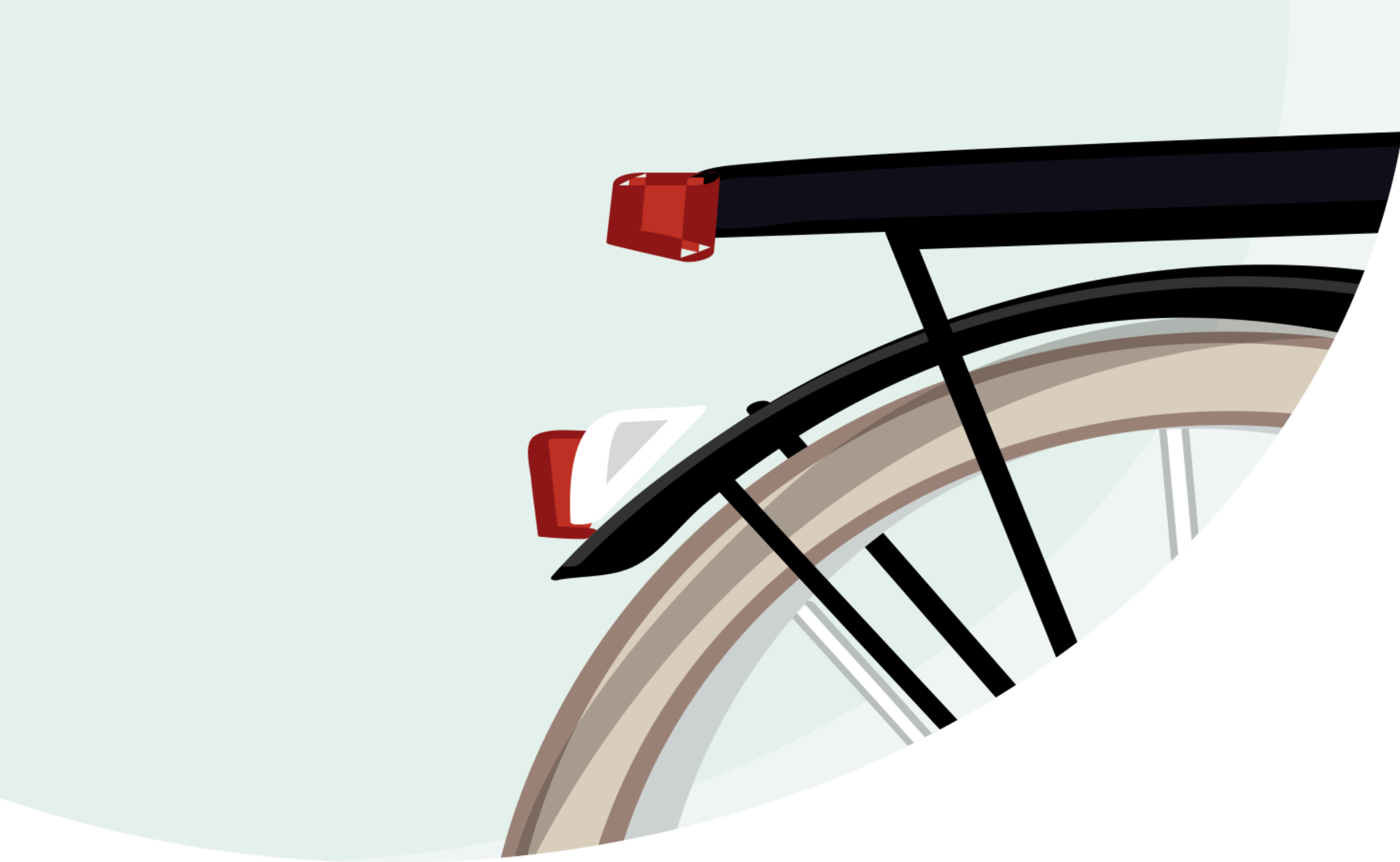
Check if you can see two yellow reflectors on the front and back of each pedal.

No? They must have reflectors to be easily visible in the dark.

Is your chain properly tensioned?

To check your chain's tension, lift the rear of the bike and let it drop. If the chain doesn't rattle, the tension is likely correct. However, for a more accurate assessment, consider measuring the chain's slack by pressing it downward between the front and rear sprockets. There should be a slight amount of play, typically around half an inch. If there's excessive slack or tightness, you may need to adjust the chain tension.

No? The chain must be properly adjusted. With a loose chain, you risk pedaling through and it could also come off your bike. Have your chain tightened and check it again afterwards.



Is there a red reflector at the rear of your bicycle or in the rear light?

Ensure that your bicycle is equipped with a red reflector at the rear. Regularly inspecting your bicycle's reflectors and lights is essential for your safety and to comply with traffic regulations.

No? You must have a red rear reflector to be visible in the dark. Have a new one installed on your bike and check it again afterwards.

Does your rear light work properly and emit red light?

Turn on your rear light and check if it functions correctly. If your rear light operates with a dynamo, ask someone to lift your front wheel slightly and rotate it to see if the rear light works properly.

No? Make sure your bike lights are always working properly. Have your rear light repaired or use a separate light temporarily. Check your lights again afterwards.

Don't forget your helmet!

