



QUICK CHECK for Safety

A - Air

Check the air in your tires. They should be inflated toward the top end of the recommended PSI range listed on the side of the tire. If you don't have a pressure gauge, they should feel as firm as a fully inflated basketball. Also inspect your bike tires for damage or worn tread.

B - Brakes

Squeeze and release brakes to check for proper function before every ride. No working brakes - NO RIDE!

C- Chains

Check your bike's chain. The chain should move freely, be free of rust, and lightly oiled.

Quick Check

- Some bikes have **quick releases** on the wheels or the seat post. Check to make sure they are tight and closed properly. Follow your bike manufacturer's instructions.
- **Check** that your bike helmet fits properly. It should be snug (but not tight!) and level on your head.
- **Check** that everything is working properly by taking a very short ride. If everything is working properly and there's no rattles or squeaks indicating a problem, you're ready to roll!



This check should be done before every ride. If you're unsure whether a bike is safe or if something isn't working properly, please do not ride the bike. Have the bike inspected by an expert at a local bike shop.

Scan this QR Code to watch a video demonstrating the ABC Quick Check on kids' bikes. Video by Cascade Bicycle Club.



Led by:

