

# Bike Maintenance Checklist



Bike make and model: \_\_\_\_\_

Date: \_\_\_ / \_\_\_ / \_\_\_

|                                                                                                                                                                                                                                          | Pass         |             | Fail         |             | Comments |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------|-------------|--------------|-------------|----------|
| <b>Frame</b>                                                                                                                                                                                                                             |              |             |              |             |          |
| All tubes in-line and free of damage                                                                                                                                                                                                     |              |             |              |             |          |
| <b>Front Fork</b>                                                                                                                                                                                                                        |              |             |              |             |          |
| Is front fork straight and free of damage                                                                                                                                                                                                |              |             |              |             |          |
| No play between fork and frame                                                                                                                                                                                                           |              |             |              |             |          |
| Fork turns freely inside of headset                                                                                                                                                                                                      |              |             |              |             |          |
| <b>Handlebars</b>                                                                                                                                                                                                                        |              |             |              |             |          |
| <i>Handlebar:</i> is in line with front wheel                                                                                                                                                                                            |              |             |              |             |          |
| <i>Handlebar:</i> does not move when you hold the front wheel between your legs and twist the handlebars                                                                                                                                 |              |             |              |             |          |
| <i>Grips:</i> tight, in good condition, ends of handlebars covered                                                                                                                                                                       |              |             |              |             |          |
| <b>Saddle</b>                                                                                                                                                                                                                            |              |             |              |             |          |
| <i>Saddle:</i> in good condition, firmly fixed and straight                                                                                                                                                                              |              |             |              |             |          |
| <i>Saddle height:</i> Beginner – seated cyclist can place feet firmly on the ground. Experienced – Seated cyclist can put ball of foot on the pedal at its lowest point (Legs should be extended without hips rocking) , except for BMX. |              |             |              |             |          |
| <b>Air and Wheels</b>                                                                                                                                                                                                                    | <b>Front</b> | <b>Rear</b> | <b>Front</b> | <b>Rear</b> |          |
| <i>Tyre Inflation:</i> Properly inflated and valve stem straight                                                                                                                                                                         |              |             |              |             |          |
| <i>Tyres:</i> Good thread, no splits or cracks                                                                                                                                                                                           |              |             |              |             |          |
| <i>Rims:</i> No dents, twists or kinks                                                                                                                                                                                                   |              |             |              |             |          |
| <i>Spokes:</i> Good tension, none missing and tight                                                                                                                                                                                      |              |             |              |             |          |
| <i>Alignment:</i> When spun, wheel is true and centered in the stays                                                                                                                                                                     |              |             |              |             |          |
| <i>Bearings:</i> Wheel spins freely and evenly, does not wobble                                                                                                                                                                          |              |             |              |             |          |

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|                                                                   | Pass  |      | Fail  |      | Comments |
|-------------------------------------------------------------------|-------|------|-------|------|----------|
|                                                                   | Front | Rear | Front | Rear |          |
| <b>Brakes</b>                                                     |       |      |       |      |          |
| <i>Brake Lever:</i> comfortable position, firmly fixed            |       |      |       |      |          |
| <i>Brake cable:</i> not frayed                                    |       |      |       |      |          |
| <i>Brake shoes:</i> meet rim squarely, not worn                   |       |      |       |      |          |
| <i>Nuts:</i> tight on brake shoes                                 |       |      |       |      |          |
| <i>Brakes:</i> operate effectively and smoothly                   |       |      |       |      |          |
| <b>Crank &amp; Pedals</b>                                         |       |      |       |      |          |
| <i>Crank:</i> turns freely and evenly, no looseness               |       |      |       |      |          |
| <i>Pedals:</i> tight, turns freely, not bent                      |       |      |       |      |          |
| <b>Chain</b>                                                      |       |      |       |      |          |
| Clean and free of rust, lubricated properly                       |       |      |       |      |          |
| <b>Chainguard</b>                                                 |       |      |       |      |          |
| Firmly fixed, not bent                                            |       |      |       |      |          |
| <b>Chainwheel</b>                                                 |       |      |       |      |          |
| Not bent, teeth not worn                                          |       |      |       |      |          |
| <b>Derailleurs</b>                                                |       |      |       |      |          |
| <i>Shifters:</i> operates properly                                |       |      |       |      |          |
| <i>Derailleur:</i> operates properly                              |       |      |       |      |          |
| <b>Quick Releases</b>                                             |       |      |       |      |          |
| <i>Hubs:</i> Closing the lever makes an impression on your palm   |       |      |       |      |          |
| <i>Brakes:</i> Closed, brake pads are not rubbing the rim         |       |      |       |      |          |
| <i>Saddle:</i> Closing the lever makes an impression on your palm |       |      |       |      |          |
| <b>Mudguard</b>                                                   |       |      |       |      |          |
| Firmly secured                                                    |       |      |       |      |          |
| <b>Reflectors</b>                                                 |       |      |       |      |          |
| Clean and secure                                                  |       |      |       |      |          |
| <b>Rack or Carrier Bag</b>                                        |       |      |       |      |          |
| Firmly secured                                                    |       |      |       |      |          |

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