

Bike Maintenance Checklist



Bike make and model: _____

Date: ___ / ___ / ___

	Pass		Fail		Comments
Frame					
All tubes in-line and free of damage					
Front Fork					
Is front fork straight and free of damage					
No play between fork and frame					
Fork turns freely inside of headset					
Handlebars					
<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					
Saddle					
<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.					
Air and Wheels	Front	Rear	Front	Rear	
<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					

Cycling Ireland
619 North Circular Road
Dublin 1

p: 01 8551522
e: info@cyclingleireland.ie
w: www.cyclingleireland.ie



Bike Maintenance Checklist



	Pass		Fail		Comments
	Front	Rear	Front	Rear	
Brakes					
<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					
Crank & Pedals					
<i>Crank:</i> turns freely and evenly, no looseness					
<i>Pedals:</i> tight, turns freely, not bent					
Chain					
Clean and free of rust, lubricated properly					
Chainguard					
Firmly fixed, not bent					
Chainwheel					
Not bent, teeth not worn					
Derailleurs					
<i>Shifters:</i> operates properly					
<i>Derailleur:</i> operates properly					
Quick Releases					
<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					
Mudguard					
Firmly secured					
Reflectors					
Clean and secure					
Rack or Carrier Bag					
Firmly secured					

Cycling Ireland
 619 North Circular Road
 Dublin 1

p: 01 8551522
 e: info@cyclingireland.ie
 w: www.cyclingireland.ie

