**Sample Bicycle Safety Checklist**

⬜ Frame - Clean and not bent out of shape. No cracks at Frame Joints.

⬜ Front Fork - Clean and not bent out of shape. No cracks at Fork Joints.

⬜ Headset Bearing - Well lubricated; turns freely with no binding. No perceptible play in the assembly.

⬜ Bottom-Bracket Bearing - Turns freely with not more than barely perceptible play in the bearing.

⬜ Crank Arms - Clean and not bent out of shape. Tightened securely on the Crankset Axle.

⬜ Chainrings - Clean, not worn, and not bent out of shape. Chainring Bolts tightened securely to hold Chainrings to Crankarms.

⬜ Pedals - Bearings well lubricated; turn freely with no play in the bearing. Pedals tightly screwed into Crankarm. Toe Clips functional.

⬜ Fenders - Clean; tightly attached without rattling or rubbing against the Tires.

⬜ Wheels - Run true and round. Wheel nuts tight. Closed and tight quick-releases. Centered in form or frame members.

⬜ Wheel Bearings in hubs - Well lubricated and properly adjusted to move freely with no more than barely perceptible play.

⬜ Spokes - None broken or bent. Tightened to a uniform tension.

⬜ Tires - Good Tread. Valves 0 completely airtight. Properly inflated to recommended pressure.

⬜ Rims - Clean of all oil and grime. Free of dents or kinks.

⬜ Chain - Proper tension, allowing 1/2 inch of play. No stiff links. Clean, lubricated, and wiped of excess lubrication.

⬜ Gearing - Clean and oiled. Three-speed gears adjusted to eliminate all slipping. Front 42a and Rear 4b derailleurs adjusted for proper shifting with Shifters 4c.

⬜ Brakes

⬜ Coaster - Even braking. Operate within a 20-degree back-pedaling motion.

⬜ Hand - Even braking. All nuts tight. Front and rear brakes work without binding. Minimum of 3/16 inch of rubber on Brake Pads. Brake pads aligned with rims and contact rims with a minimum of movement of Hand Controls. No squeal when brakes are used.

⬜ Cables - No frayed ends. No broken strands. All taut.

⬜ Handlebars - Tightened securely. Grips not worn; fit snugly, adjusted to comfort of rider, ends plugged, & in line with wheel.

⬜ Saddle - Height, tilt, and fore/aft position adjusted to rider. All adjustments securely tightened. Seatpost not extended beyond maximum mark on post.

⬜ Lights - Front light visible for 500 feet. Generator or battery in good operating condition.

⬜ Rear Red Reflectors/Lights - Visible for 300 feet. Lights/Blinkers functional with generator or batteries.

⬜ Bell or Horn - In good operating condition. All accessories well tightened and securely fastened. No broken frames or fasteners.

⬜ Bike Registration - If required by local law, must be displayed on frame.