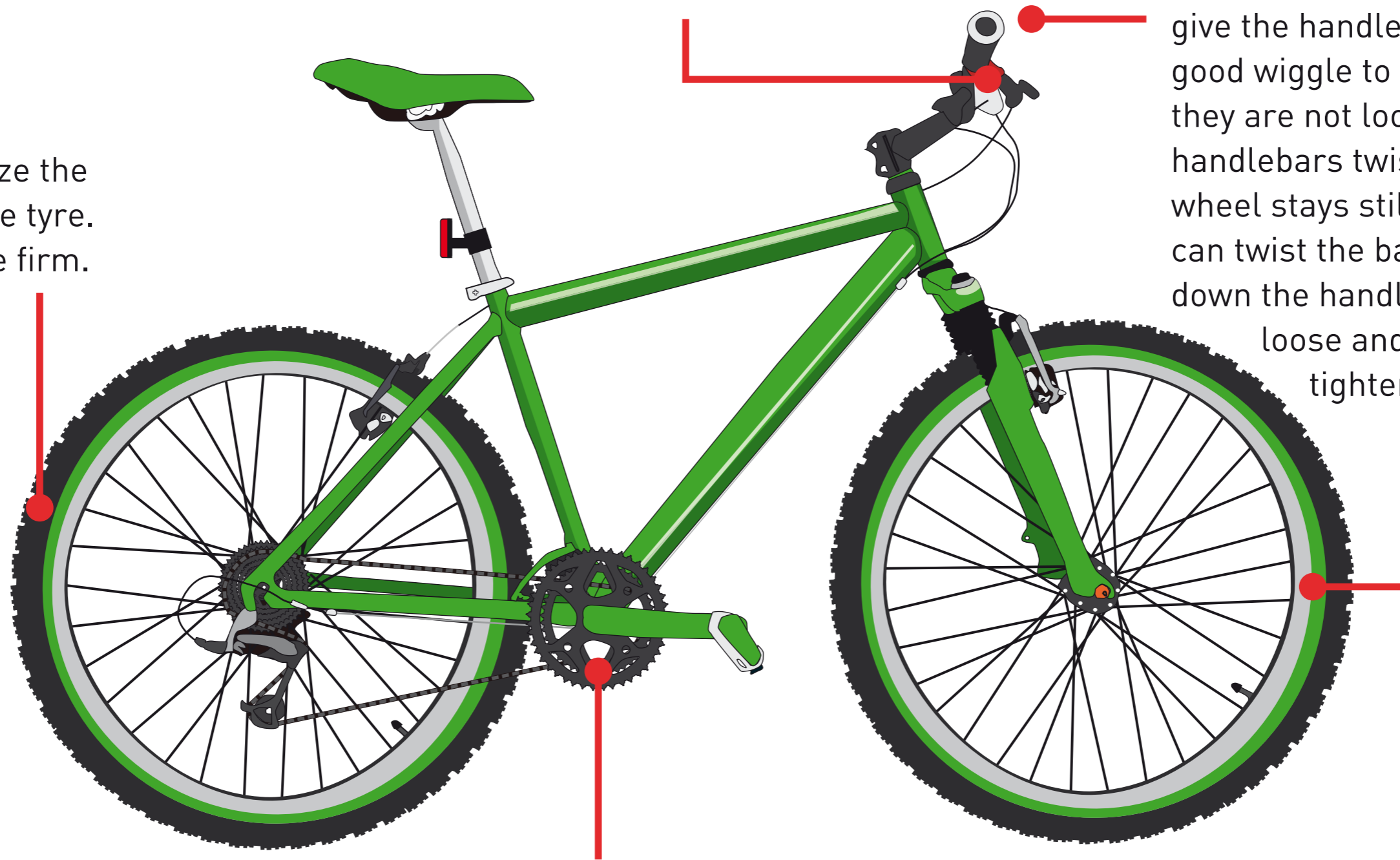


ABCD Check

B – Brakes: Test the brakes one at a time, push the bike forward to test the front brake and backwards to test the rear. The wheels must not turn when the brakes are on.

D – Direction: Hold the front wheel tight between your feet and knees and give the handlebars a good wiggle to make sure they are not loose. If the handlebars twist and the wheel stays still or you can twist the bars up or down the handlebars are loose and must be tightened.

A – Air: Squeeze the sidewalls of the tyre. They should be firm.



C – Chain: Turn the pedals anticlockwise a couple of times to make sure nothing is caught. The chain should be oiled not rusty. Rusty Chains might break.