

The ABC-Q check

Each time a bike is taken out of the shed, give it a quick ABC-Q safety check:

A

Air – Make sure there's enough air in the tyres. Give them a squeeze with your fingers – they should feel firm, not soft. If they need more air, use a pump. You can find the right pressure on the side of the tyre (look for a number with PSI or bar). Also check that the wheels look good, spin smoothly without wobbling, and that no spokes are broken.

B

Brakes – Roll your bike forward and back and squeeze each brake lever one at a time to make sure they work. The right brake stops the front wheel, and the left one stops the back. Brakes can come loose when moving your bikes, so always check that the brake cables are connected and working before anyone rides.

C

Chain – Check the chain has clean oil on it and is rotating freely, check for and remove debris such as flax and grasses. The chain should be black, or silver and a small amount of oil should come off if you touch it.

Q

Quick releases – Check these are done up correctly and tight. Quick release levers are found near the wheels and seat post. They should curve in around the seat post or towards the centre of the wheel.

