

# Bikeweek Checklist

Cycling  
Scotland



01 Handlebars/stem  
02 Headset/steering  
03 Brake levers  
04 Gear shifters/ levers  
05 Front forks

06 Front hub  
07 Brakes (blocks/disc)  
08 Wheels (rims and spokes)  
09 Tyres  
10 Frame (including rear suspension)

11 Saddle  
12 Bottom bracket  
13 Pedal cranks  
14 Pedals  
15 Chainwheel

16 Chain  
17 Front derailleur  
18 Rear derailleur  
19 Rear cassette  
20 Rear hub

bikeweek.scot

Cycling Scotland  
Registered charity No. SC029760



# Bikeweek Checklist

	Area	Check	Action
01	Handlebars/stem	Tight; not distorted; ends protected; comfortable height	
02	Headset/steering	No wobble; correctly adjusted; turns smoothly	
03	Brake levers	Comfortable position; firmly fixed; cable not frayed, hydraulics working	
04	Gear shifters/levers	Comfortable position; firmly fixed; cable not frayed	
05	Front forks	Appear true and undamaged; any suspension safe	
06	Front hub	No wobble; turns smoothly; wheel securely fixed	
07	Brakes (blocks/disc)	Correctly fitted and aligned; not worn away	
08	Wheels (rims and spokes)	Reasonably true; no broken/missing spokes; good rim	
09	Tyres	Good tread; no splits, cracks or holes; pumped hard; valve straight	
10	Frame	Appears true and undamaged; any rear suspension safe	
11	Saddle	Safely fixed; straight; comfortable height (unless BMX)	
12	Bottom bracket	No wobble; turns smoothly; wheel securely fixed	
13	Pedal cranks	Straight	
14	Pedals	Firmly fixed; complete; turning freely, not bent	
15	Chain wheel	Not bent; teeth not worn	
16	Chain	Not too worn, not slack, lightly oiled not rusty	
17	Front derailleur	Properly adjusted; lubricated sufficiently, not bent	
18	Rear derailleur	Properly adjusted; lubricated sufficiently, not bent	
19	Rear cassette	Properly adjusted; lubricated sufficiently, not bent	
20	Rear Hub	No wobble; turns smoothly; wheel securely fixed	

Signature of Tester ..... Date of test ..... Location .....

A free cycle safety check undertaken by a knowledgeable cyclist is not intended to be a substitute for a full service performed by a qualified mechanic. If a bike requires extra attention or replacement parts the owner should visit their local specialist cycle retailer for more details.