

Safe Cycling Checklist



Before you get your wheels turning, go through these checklists to make sure you're equipped with the right gear and your bike is in good working order.

GEAR

Helmet

Look for a safety standards sticker that meets the approval of safety organizations such as: Snell, ANSI, ASTM, BSI, SAA, CPSC. If your helmet has been in a collision or sustained damage of any kind – even if you can't see it – it should be replaced.

Lights and reflective strips

Use bicycle lights from a half-hour before sunset to a half-hour after sunrise: white for the front light and red for rear. Apply reflective tape to the forks and/or the frame of your bike.

Clothing

Secure loose clothing with Velcro bands to prevent them from getting caught in chains and spokes. If cycling at night, wear light-coloured clothing or reflective fabric that glows in the dark.

Gloves (optional)

To protect your hands in case of a fall, bicycle gloves are useful.

Water

Ride with a water bottle to avoid dehydration, especially during hot and humid weather.

BIKE ANATOMY

Tires

Inflate your tires on a regular basis to the recommended pressure as shown on the tire. Check for and replace loose, bent or broken spokes.

Handlebars

Adjust your handlebars so that they are comfortable, and your weight is evenly distributed. As with the seat, the bars are fastened tightly and at least five centimetres into the frame (look for the mark).

Chain

Lube your chain if you notice it squeaking or see any rust build up. You can check it by holding up the bike, grabbing the pedal and slowly rotating it.



Seat

Ensure your seat is at the correct height by sitting on it with the balls of your feet on the pedals. At the bottom of the pedal stroke, your legs should be almost straight with your knees slightly bent. The seat post should be fastened tightly and inserted 5 cm into the frame – look for a mark designating the maximum length.

Brakes

Squeeze the brakes and visually inspect the pads for wear. Make sure they are responsive!