

# 'M' check details



Step	Check that...	What to do
Front tyre	The tyre's firm. Pump it if needed.	Squeeze the tyre between your index finger and thumb. It should feel very firm when you squeeze it, but it should still have bounce if you lift the wheel up and bounce the bike down on the ground. Use a bike pump to add air if the tyres need it.
Front tyre	The tyre isn't worn or damaged.	Look at and feel around the tyre. The tread (the ridges in the tyre) shouldn't be worn down and there shouldn't be any lumps, cracks, or bulges. Make sure there aren't any items (such as pins) embedded in the tyre.
Front wheel	The wheel is secured to the bike frame and spins freely.	Hold the tyre and move it from side to side. If it wobbles or feels loose, you need to tighten it. Some bikes have quick release levers; check these are tightened down properly by pushing the lever in. Other bikes have wheel nuts that need to be tightened with a wrench. Spin the wheel. It should be able to freely move without touching the brake pads or frame of the bike. If it touches them, adjust it with a wrench or Allen key.
Front wheel	The wheel, frame, and spokes aren't damaged.	Look at and feel the wheel. The spokes shouldn't be broken or loose and the frame should be smooth without any dents.
Front lights and reflectors	The lights and reflectors work and aren't cracked or damaged.	Switch the lights on and off to check if they're working. Look at the lights (when they're off) and reflectors to check for cracks and damage.
Front lights and reflectors	The lights are angled forward towards the ground	Check that the lights shine straight on the ground just ahead of the front wheel. Adjust them if they don't.
Stem and bike frame	The wheels move in the same direction as the stem.	Stand over the bike (in front of the saddle), hold the handlebars, and turn them from side to side. The wheel should move in the same direction as the handlebars, with no noises, and without being too loose. If it is, you can tighten or loosen it with a hex or Allen key.
Stem and bike frame	The frame has no cracks, dents, or damage.	Look at and feel the frame of the bike. If it's damaged, you may need to replace it.
Handle bars	The handlebars are securely fastened to the stem.	Hold down the front brake and stand over the front wheel trapping it between your legs. Hold the handlebars, and shake them from side to side. Listen for any noises. There shouldn't be any clicking or

		rocking noises between the handlebar and stem. If there are, you can tighten it with a hex or Allen key.
Handle bars	The front tyre is straight and in line with the centre of the handlebars.	Stand straight in front of (or over) the bike, hold the handlebars straight, and look down the middle. The wheel should be straight, in line with the centre of the bike.
Brakes	The brakes work. Test them one at a time.	Slowly push the bike forwards while holding the handlebars. One at a time, squeeze the front and back brakes while moving the bike forwards. Both sides of the brake pads should move in and squeeze the rim of the wheel. The wheel that's being squeezed should stop moving when you squeeze the brakes two thirds of the way down. Pressing the bikes gently down should slow the bike down. If the wheels don't stop moving, or the brake pads are too high or low to touch the rim, adjust the brakes using an Allen key or screw.
Brakes	The brake pads and cables aren't worn down, loose or damaged.	Touch the break pads with your fingers. They should move a little when you touch them, but they shouldn't be loose or shaky. Look at the brake pads. They should have rubbery padding with ridges – they shouldn't be smooth. The cables should be tied down on the bike frame and not frayed or damaged in anyway.
Pedals	The pedals are secured properly to the bike.	Look at the join between the pedal and the bike. The join should be secure so the pedals aren't loose.
Pedals	The pedals can spin freely and aren't damaged.	Spin the pedals. They should be able to easily spin round smoothly without creaking.
Chain	The chain goes around easily when you move the pedals.	Using your hand, turn the pedals backwards while looking at the chain. The chain should move easily and stay on the gears.
Chain	The chain is lightly oiled and not dusty or rusty.	Look at the individual links in the chain. If any links are damaged or rusty they should be replaced. Blow the chain to remove light dust. Any heavier or set dust may mean you need to wipe the chain clean and re-oil it. Look at the chain – you should be able to see a thin layer of oil. To oil the chain, drip a little oil onto the top, and spread it round the rest of the chain by moving the pedals backwards so the chain moves. This evens out the oil along the chain.
Saddle and seat post	The saddle and seat are firmly secured don't wobble.	Hold the top of the saddle with one hand and the frame of the bike with the other. Shake the saddle side to side and backwards and forwards. It shouldn't move. If it moves, tighten it.
Saddle and seat post	The seat post isn't above the maximum height limit.	The height of seat posts is adjustable so it fits the cyclist, but there's a limit to how far you can raise the seat. Check that the maximum height line for the seat post isn't showing. If it is, lower the seat. If it means the saddle's too low for the rider, they'll need to get a bigger bike.

Back tyre	The tyre's firm. Pump it if needed.	Squeeze the tyre between your index finger and thumb. It should feel very firm when you squeeze it, but it should still have bounce if you lift the wheel up and bounce the bike down on the ground. Use a bike pump to add air if the tyres need it.
Back tyre	The tyre isn't worn or damaged.	Look at and feel around the tyre. The tread (the ridges in the tyre) shouldn't be worn down and there shouldn't be any lumps, cracks, or bulges. Make sure there aren't any items (such as pins) embedded in the tyre.
Back wheel	The wheel is secured to the bike frame and spins freely.	Hold the tyre and move it from side to side. If it wobbles or feels loose, you need to tighten it. Some bikes have quick release levers; check these are tightened down properly by pushing the lever in. Other bikes have wheel nuts that need to be tightened with a wrench. Spin the wheel. It should be able to freely move without touching the brake pads or frame of the bike. If it touches them, adjust it with a wrench or allen key.
Back wheel	The wheel, frame, and spokes aren't damaged.	Look at and feel the wheel. The spokes shouldn't be broken or loose and the frame should be smooth without any dents.
Back lights and reflectors	The lights and reflectors work and aren't cracked or damaged.	Switch the lights on and off to check if they're working. Look at the lights (when they're off) and reflectors to check for cracks and damage.
Back lights and reflectors	The lights are angled backwards towards the ground	Check that the lights shine straight on the ground just behind the back wheel. Adjust them if they don't.