



## Bicycle Health Check

If you ride regularly, keep your bike in good working order with a weekly check. Your local bike shop is a great place to start!

- ✓ **Brakes** – in good working order. When you squeeze the brakes they should grip the wheel firmly. Brake lever should not touch handlebars.
- ✓ **Chain** – should be clean, oiled and not loose.
- ✓ **Correct bike size** – you should be able to sit on the bike and touch the ground with the front of both feet, and the handlebars should be within easy reach and easy to turn. Adjust the seat if necessary.
- ✓ **Bell or horn** – It is a legal requirement that bikes have a bell, horn or audible warning device in working order that can be clearly heard. These are used to warn other pathway users that a cyclist is approaching.
- ✓ **Reflectors/lights** – If you ride at night or in weather conditions that make it difficult to see, you must display (either on the bicycle or on you):
  - a white light (flashing or steady) that can be clearly seen at least 200m from the front of the bicycle
  - a red light (flashing or steady) that can be clearly seen at least 200m from the back of the bicycle
  - a red reflector that can be clearly seen at least 50m from behind the bicycle – when a vehicle's headlights shine on it.
- ✓ **Tyres** – should have sufficient tread, be fully inflated, and without cuts or damage to the sidewalls or tread.
- ✓ **Wheels** – should turn smoothly have no buckles and all spokes should be connected.
- ✓ **Gears** – you should be able to select all gears without the chain jumping, slipping or crunching while riding.
- ✓ **Helmet** – must be an approved helmet that is securely fitted and fastened. The strap should be firm under chin when attached, and should not be damaged or frayed.
- ✓ **Clothing** – wear brightly coloured clothing that will make you more visible to other road users. Ensure that you don't have any loose items of clothing that may get caught in your bicycle chain or wheel. Closed toe shoes should be worn.

