



Junior Bike Doctor Checklist

Brakes

- Do your brakes stop your bike well?
- Look at the brake blocks, are they worn?
- Are the brake levers tight and level?

Wheels & Tyres

- Check tyres are pumped up and feeling firm. Is the tyre tread on both wheels in good condition or worn?
- Do the wheels turn easily?

Steering

- Handlebars should be straight.
- Does the front tyre line up in the middle when you look down?

Saddle and seatpost

- Give your saddle a wiggle to ensure the seat clamp is tight and the saddle doesn't move.

Pedals and chain

- Spin your pedals, do they move smoothly?
- Take a look at your chain, it should be silver or grey not rusty brown! Make sure you add a little bike oil to the chain links regularly to help it work well.

Frame

- Check over the frame for damage, dents and rust. It's important to keep your bike clean and dry after use to keep it in tip-top condition!

