



<b>SPRING READY BIKE SAFETY CHECKLIST –</b>	
<b>ABC Quick Check - Air, Brakes, Cranks, Chain, Cassette, Quick Release &amp; Check</b>	
	My tires are inflated to recommended PSI indicated on my tire wall
	My tires and tire sidewalls are free of damage
	My brake pads are thicker than ¼ inch
	My brakes sit parallel with the metal rim of the wheel
	When I apply full pressure to the brake levers, there is at least 1 inch between the lever and the handlebar
	If I grab the crank arm and attempt to move it from side to side, it does not move
	I cleaned and added chain lube and it does not appear rusty, stretched or worn
	The teeth on my cassette don't appear worn down and my chain does not skip when shifting
	My brake quick releases are engaged
	My wheel quick releases are tight and levers are pointed back so that they don't catch on anything
	When I lift the bike to spin the wheels they do not rub or wobble and appear to be true
	After taking a short test ride, everything seemed in good, safe working order
<b>HELMET – put on your helmet as you normally would and make sure that:</b>	
	My helmet fits snugly, and it sits level on my head
	When my helmet is fastened there is no more than 2 finger widths between my helmet and my eyebrows
	When I yawn the helmet pulls down on head
	My side straps are adjusted to form a "V" shape immediately below my ears
<b>VISIBILITY -</b>	
	I have a white light fastened to the front of my bike and a red light fastened to the back
	I have a reflective, high visibility vest or jacket
<b>STORAGE-</b>	
	I have a basket, back- pack, or pannier to carry personal belongings
	I have a water bottle and water bottle holder
<b>WHAT TO PACK -</b>	
	I have photo ID, medical information and cell phone in case of an emergency
	I have any medication needed such as an asthma inhaler
	I have a rain jacket packed, just in case (a shower cap to cover helmet is a great option too)
	I have packed a water bottle to prevent dehydration
	I have sun glasses to protect my eyes
	I have a nutritious snack or protein bar to prevent fatigue
	I have gloves to cushion and protect my hands
<b>OTHER CONSIDERATIONS -</b>	
	I have mapped my route and/or completed a practice ride
	I have confirmed with my employer that I will be riding and can secure my bike at my worksite
	I do not have any medical restrictions that would prohibit me from riding