

Bike #1: Wiry black Mongoose

Bicycle Safety Inspection Checklist

Check all boxes that apply when making your bicycle inspection and make any necessary adjustments before you ride your bicycle.

Handlebars

- Move Sideways
- Move Front to Back
- OK. *Cannot Move?*

Saddle Position

- Too High
- Too Low
- Too Loose
- Correct height
- OK Cannot Move

Tires

- Low Pressure
- Worn
- OK

Hand Brakes

- Front Pads Worn
- Levers Need Adjustment
- Rear Pads Worn
- Cable Ends Frayed
- Cable Ends Capped
- OK Brakes Are Effective

Coaster Foot Brakes

- No Not Stop
- OK Brakes Effective

Hand Grips

- Hand Grips Uncovered
- Ends Plugged & Protected
- Ok Grips Don't Twist

Frame/ Fork

- Bent
- Cracked
- OK

Reflectors & Lights

- Front Light Missing
- Rear Red Reflector Missing
- Reflector Hanger Bent
- OK Front Light Attached
- OK Reflector Attached & Working
- Optional Rear Light Added & Working

Quick Release Levers

- Closed
- Facing Backward

Chain

- Dirty
- Rusty
- Too Loose
- OK

Frame Size

- Too Big
- Too Small
- OK

**Protect Yourself!
Wear a Helmet!**

ABCD Quick Check

A. Air

Is the air pressure in the tires correct? *No.*
 Are the tires in good shape? *No.*
 Do the wheels spin freely? *Front no. Rear Y*
 Are all the spokes tight? *No.*

B. Brakes:

Do the brakes make the wheels skid? *No.*
 Are the pads in good shape? *Yes but not right position (need adjustment).*

C. Chain:

Is the chain straight? *Yes.*
 Is it clean and lightly oiled? *No. Some dirt/grime bits.*

D. Drop:

Raise the bike about two inches and drop it. Does it make noise? *Yes - saddle (and basket) is loose.*
 Something may be loose.
Quick Check:
 If the bike is equipped with quick release fittings, are they tight? *Yes.*

Handlebars

With front wheel between legs, try to twist and then rotate handlebars. Tighten as needed to secure and tighten in a straight position. Bounce bike a few inches off the ground. Loose nuts, bolts, and spokes will be revealed.

Saddle Position

Try to twist the saddle. It should be tight and not move. Cyclist sits on saddle with balls of both feet touching the ground and, with one pedal in the lowest position, balance the other foot on the pedal. Two inches of seat post should remain inside the frame-maximum extension line should not show.

Tires

Thumb test by pushing down on each tire. Too much indent could require additional air.

Hand Grips

Must not twist easily. They must cover the handlebar ends with no protrusion of metal allowed.

Frame / Fork

Sturdy, straight, and secure with no evident damage.

Chain

No excessive looseness. Taut with some play.

Reflectors & Lights

Check that all lights and reflectors are mounted securely on the bike and are visible from a distance. California law requires a white light (not a reflector) in front, a red reflector in back, and a white or yellow reflector attached to each pedal when riding at night.

Coaster Foot Brakes

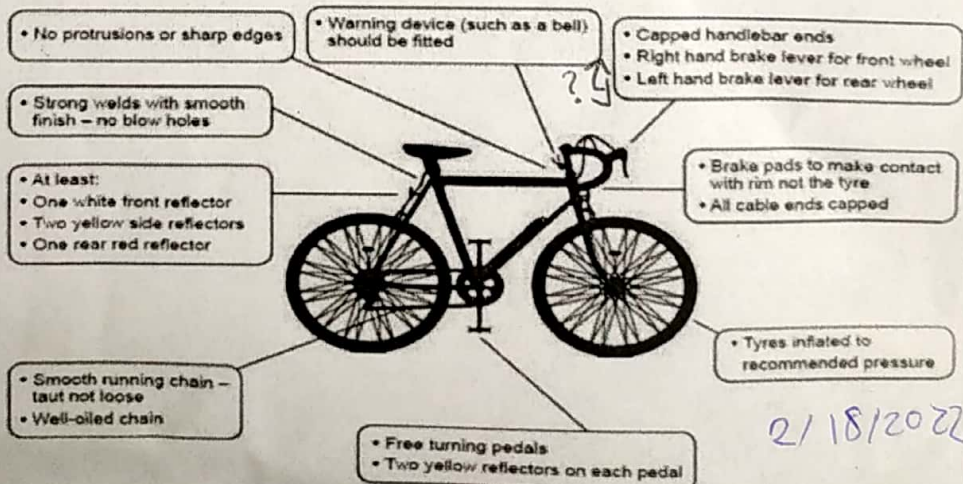
Ability to leave a skid mark. Either have cyclist do a skid or push forward and push pedal to apply brake. Is the brake arm attached to the frame near the rear wheel?

Hand Brakes

Depress levers and place fingers between lever and handlebar. At least one inch of space must remain between depressed lever and handlebar.

Frame Size

Straddle the bicycle with the top tube between the legs. Lifting handlebars and front wheel, the cyclist must have 13 inches of space. More experienced cyclists may sit on the saddle with the ball of one foot touching the ground, and the other foot on the pedal in its lowest position with a slightly bent knee. A young cyclist cannot adequately control a bike that is too big and lack of control leads to dangerous riding habits.



2/18/2022

Bike #2: Little White Nakamura (my little sister's bike)

Bicycle Safety Inspection Checklist

Check all boxes that apply when making your bicycle inspection and make any necessary adjustments before you ride your bicycle.

Handlebars

- Move Sideways
- Move Front to Back
- OK. Cannot Move

Saddle Position

- Too High
- Too Low
- Too Loose
- Correct height
- OK Cannot Move

Tires

- Low Pressure
- Worn
- OK

Hand Brakes

- Front Pads Worn
- Levers Need Adjustment
- Rear Pads Worn
- Cable Ends Frayed
- Cable Ends Capped
- OK Brakes Are Effective

Coaster Foot Brakes

- No Not Stop
- OK Brakes Effective

Hand Grips

- Hand Grips Uncovered
- Ends Plugged & Protected
- Ok Grips Don't Twist

Frame/ Fork

- Bent
- Cracked
- OK

Quick Release Levers

- Closed *N/A*
- Facing Backward

Chain

- Dirty
- Rusty
- Too Loose
- OK

Frame Size

- Too Big
- Too Small
- OK

Reflectors & Lights

- Front Light Missing
- Rear Red Reflector Missing
- Reflector Hanger Bent
- OK Front Light Attached
- OK Reflector Attached & Working
- Optional Rear Light Added & Working

**Protect Yourself!
Wear a Helmet!**

ABCD Quick Check

A. Air

- Is the air pressure in the tires correct? *No.*
- Are the tires in good shape? *Yes*
- Do the wheels spin freely? *Yes.*
- Are all the spokes tight? *Yes.*

B. Brakes:

- Do the brakes make the wheels skid? *No*
- Are the pads in good shape? *Yes.*

C. Chain:

- Is the chain straight? *Yes*
- Is it clean and lightly oiled? *No, but looks other than clean.*

D. Drop:

- Raise the bike about two inches and drop it. Does it make noise? *A little bit, maybe normal.*
- Something may be loose.

Quick Check:

- If the bike is equipped with quick release fittings, are they tight? *N/A.*

Handlebars

With front wheel between legs, try to twist and then rotate handlebars. Tighten as needed to secure and tighten in a straight position. Bounce bike a few inches off the ground. Loose nuts, bolts, and spokes will be revealed.

Saddle Position

Try to twist the saddle. It should be tight and not move. Cyclist sits on saddle with balls of both feet touching the ground and, with one pedal in the lowest position, balance the other foot on the pedal. Two inches of seat post should remain inside the frame-maximum extension line should not show.

Tires

Thumb test by pushing down on each tire. Too much indent could require additional air.

Hand Grips

Must not twist easily. They must cover the handlebar ends with no protrusion of metal allowed.

Frame / Fork

Sturdy, straight, and secure with no evident damage.

Chain

No excessive looseness. Taut with some play.

Reflectors & Lights

Check that all lights and reflectors are mounted securely on the bike and are visible from a distance. California law requires a white light (not a reflector) in front, a red reflector in back, and a white or yellow reflector attached to each pedal when riding at night.

Coaster Foot Brakes

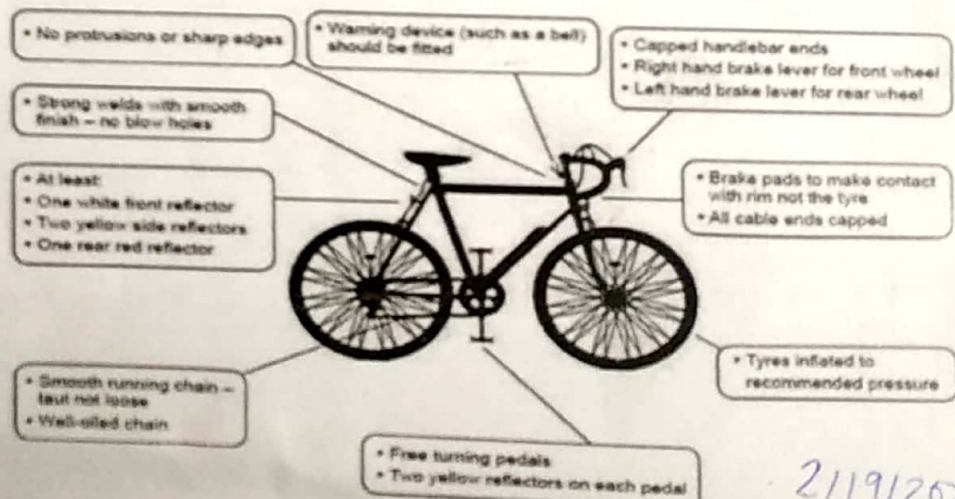
Ability to leave a skid mark. Either have cyclist do a skid or push forward and push pedal to apply brake. Is the brake arm attached to the frame near the rear wheel?

Hand Brakes

Depress levers and place fingers between lever and handlebar. At least one inch of space must remain between depressed lever and handlebar.

Frame Size

Straddle the bicycle with the top tube between the legs. Lifting handlebars and front wheel, the cyclist must have 13 inches of space. More experienced cyclists may sit on the saddle with the ball of one foot touching the ground, and the other foot on the pedal in its lowest position with a slightly bent knee. A young cyclist cannot adequately control a bike that is too big and lack of control leads to dangerous riding habits.



Here's to a healthier and more active Fresno! - www.fresnoBMP.com

2/19/2022

Bike #3: Glinting Silver Giant

Bicycle Safety Inspection Checklist

Check all boxes that apply when making your bicycle inspection and make any necessary adjustments before you ride your bicycle.

- | | | | | |
|---|---|---|---|---|
| Handlebars
<input checked="" type="checkbox"/> Move Sideways <i>Stand</i>
<input type="checkbox"/> Move Front to Back
<input checked="" type="checkbox"/> OK. Cannot Move | Hand Brakes
<input type="checkbox"/> Front Pads Worn
<input checked="" type="checkbox"/> Levers Need Adjustment
<input type="checkbox"/> Rear Pads Worn
<input type="checkbox"/> Cable Ends Frayed
<input checked="" type="checkbox"/> Cable Ends Capped
<input checked="" type="checkbox"/> OK Brakes Are Effective | Frame/ Fork
<input type="checkbox"/> Bent
<input type="checkbox"/> Cracked
<input checked="" type="checkbox"/> OK <i>small dent, RS & I guard both sides</i>
Reflectors & Lights
<input checked="" type="checkbox"/> Front Light Missing
<input checked="" type="checkbox"/> Rear Red Reflector Missing
<input type="checkbox"/> Reflector Hanger Bent
<input type="checkbox"/> OK Front Light Attached
<input type="checkbox"/> OK Reflector Attached & Working
<input type="checkbox"/> Optional Rear Light Added & Working | Quick Release Levers
<input checked="" type="checkbox"/> Closed
<input type="checkbox"/> Facing Backward
<input checked="" type="checkbox"/> One forward one backward | Chain
<input type="checkbox"/> Dirty
<input checked="" type="checkbox"/> Rusty
<input checked="" type="checkbox"/> Too Loose
<input type="checkbox"/> OK |
| Saddle Position
<input type="checkbox"/> Too High
<input type="checkbox"/> Too Low
<input type="checkbox"/> Too Loose
<input checked="" type="checkbox"/> Correct height
<input checked="" type="checkbox"/> OK Cannot Move | Coaster Foot Brakes
<input type="checkbox"/> No Not Stop
<input type="checkbox"/> OK Brakes Effective <i>N/A</i> | | | Frame Size
<input type="checkbox"/> Too Big
<input type="checkbox"/> Too Small
<input checked="" type="checkbox"/> OK |
| Tires
<input checked="" type="checkbox"/> Low Pressure
<input type="checkbox"/> Worn
<input type="checkbox"/> OK | Hand Grips
<input type="checkbox"/> Hand Grips Uncovered
<input checked="" type="checkbox"/> Ends Plugged & Protected
<input checked="" type="checkbox"/> Ok Grips Don't Twist | | | |

**Protect Yourself!
Wear a Helmet!**

ABCD Quick Check

A. Air
 Is the air pressure in the tires correct? *No*
 Are the tires in good shape? *Yes*
 Do the wheels spin freely? *Yes*
 Are all the spokes tight? *No, cracks when I move them.*

B. Brakes:
 Do the brakes make the wheels skid? *No.*
 Are the pads in good shape? *Yes.*

C. Chain:
 Is the chain straight? *Yes.*
 Is it clean and lightly oiled? *Clean but not oiled.*

D. Drop:
 Raise the bike about two inches and drop it. Does it make noise? *No.*
 Something may be loose.
Quick Check:
 If the bike is equipped with quick release fittings, are they tight? *Yes.*

Handlebars
 With front wheel between legs, try to twist and then rotate handlebars. Tighten as needed to secure and tighten in a straight position. Bounce bike a few inches off the ground. Loose nuts, bolts, and spokes will be revealed.

Saddle Position
 Try to twist the saddle. It should be tight and not move. Cyclist sits on saddle with balls of both feet touching the ground and, with one pedal in the lowest position, balance the other foot on the pedal. Two inches of seat post should remain inside the frame-maximum extension line should not show.

Tires
 Thumb test by pushing down on each tire. Too much indent could require additional air.

Hand Grips
 Must not twist easily. They must cover the handlebar ends with no protrusion of metal allowed.

Frame / Fork
 Sturdy, straight, and secure with no evident damage.

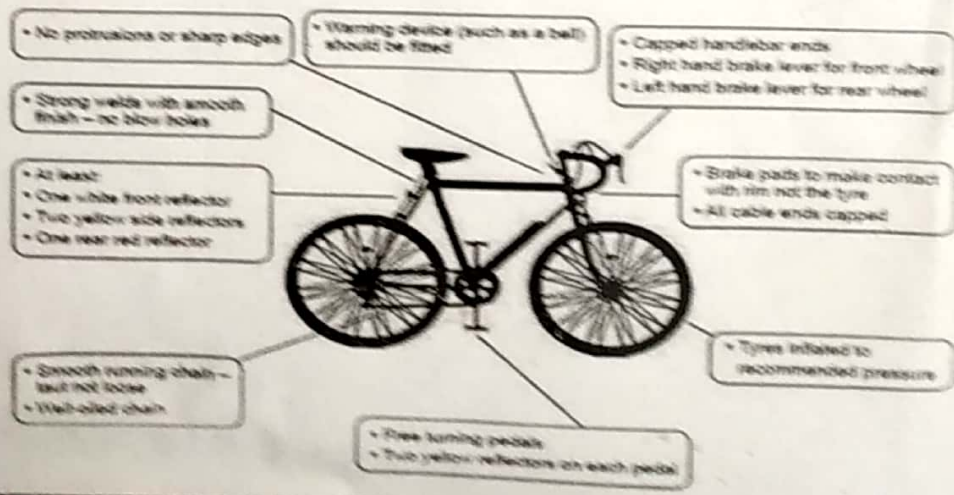
Chain
 No excessive looseness. Taut with some play.

Reflectors & Lights
 Check that all lights and reflectors are mounted securely on the bike and are visible from a distance. California law requires a white light (not a reflector) in front, a red reflector in back, and a white or yellow reflector attached to each pedal when riding at night.

Coaster Foot Brakes
 Ability to leave a skid mark. Either have cyclist do a skid or push forward and push pedal to apply brake. Is the brake arm attached to the frame near the rear wheel?

Hand Brakes
 Depress levers and place fingers between lever and handlebar. At least one inch of space must remain between depressed lever and handlebar.

Frame Size
 Straddle the bicycle with the top tube between the legs. Lifting handlebars and front wheel, the cyclist must have 13 inches of space. More experienced cyclists may sit on the saddle with the ball of one foot touching the ground, and the other foot on the pedal in its lowest position with a slightly bent knee. A young cyclist cannot adequately control a bike that is too big and lack of control leads to dangerous riding habits.



Bicycle Safety Inspection Checklist

Check all boxes that apply when making your bicycle inspection and make any necessary adjustments before you ride your bicycle.

Handlebars

- Move Sideways
- Move Front to Back
- OK. Cannot Move

Saddle Position

- Too High
- Too Low
- Too Loose
- Correct height
- OK Cannot Move

Tires

- Low Pressure
- Worn
- OK

Hand Brakes

- Front Pads Worn
- Levers Need Adjustment + oil
- Rear Pads Worn
- Cable Ends Frayed
- Cable Ends Capped
- OK Brakes Are Effective x

Coaster Foot Brakes

- No Not Stop NA
- OK Brakes Effective

Hand Grips

- Hand Grips Uncovered
- Ends Plugged & Protected
- Ok Grips Don't Twist

Frame/ Fork

- Bent
- Cracked
- OK

Reflectors & Lights

- Front Light Missing
- Rear Red Reflector Missing
- Reflector Hanger Bent
- OK Front Light Attached
- OK Reflector Attached & Working
- Optional Rear Light Added & Working

Quick Release Levers

- Closed
- Facing Backward

Chain

- Dirty
- Rusty Very
- Too Loose
- OK

Frame Size

- Too Big
- Too Small
- OK

**Protect Yourself!
Wear a Helmet!**

ABCD Quick Check

A. Air

- Is the air pressure in the tires correct? No.
- Are the tires in good shape? Yes.
- Do the wheels spin freely? Yes.
- Are all the spokes tight? Nope.

B. Brakes:

- Do the brakes make the wheels skid? Yes.
- Are the pads in good shape? No.

C. Chain:

- Is the chain straight? Nope!
- Is it clean and lightly oiled? Nope.

D. Drop:

Raise the bike about two inches and drop it. Does it make noise?

- Something may be loose. Yes, something hollow that's not just the chain.
- Quick Check: If the bike is equipped with quick release fittings, are they tight? N/A.

Handlebars

With front wheel between legs, try to twist and then rotate handlebars. Tighten as needed to secure and tighten in a straight position. Bounce bike a few inches off the ground. Loose nuts, bolts, and spokes will be revealed.

Saddle Position

Try to twist the saddle. It should be tight and not move. Cyclist sits on saddle with balls of both feet touching the ground and, with one pedal in the lowest position, balance the other foot on the pedal. Two inches of seat post should remain inside the frame-maximum extension line should not show.

Tires

Thumb test by pushing down on each tire. Too much indent could require additional air.

Hand Grips

Must not twist easily. They must cover the handlebar ends with no protrusion of metal allowed.

Frame / Fork

Sturdy, straight, and secure with no evident damage.

Chain

No excessive looseness. Taut with some play.

Reflectors & Lights

Check that all lights and reflectors are mounted securely on the bike and are visible from a distance. California law requires a white light (not a reflector) in front, a red reflector in back, and a white or yellow reflector attached to each pedal when riding at night.

Coaster Foot Brakes

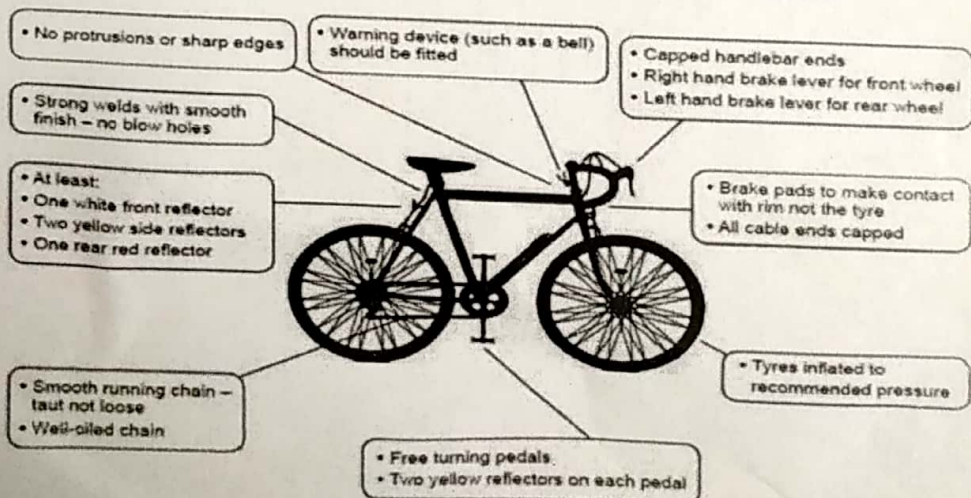
Ability to leave a skid mark. Either have cyclist do a skid or push forward and push pedal to apply brake. Is the brake arm attached to the frame near the rear wheel?

Hand Brakes

Depress levers and place fingers between lever and handlebar. At least one inch of space must remain between depressed lever and handlebar.

Frame Size

Straddle the bicycle with the top tube between the legs. Lifting handlebars and front wheel, the cyclist must have 13 inches of space. More experienced cyclists may sit on the saddle with the ball of one foot touching the ground, and the other foot on the pedal in its lowest position with a slightly bent knee. A young cyclist cannot adequately control a bike that is too big and lack of control leads to dangerous riding habits.



Bike #5: Faithful Blue Trek! (My bike)

Bicycle Safety Inspection Checklist

Check all boxes that apply when making your bicycle inspection and make any necessary adjustments before you ride your bicycle.

Handlebars

- Move Sideways
- Move Front to Back
- OK. Cannot Move

Saddle Position

- Too High
- Too Low
- Too Loose
- Correct height
- OK Cannot Move

Tires

- Low Pressure
- Worn
- OK

Hand Brakes

- Front Pads Worn
- Levers Need Adjustment
- Rear Pads Worn
- Cable Ends Frayed
- Cable Ends Capped
- OK Brakes Are Effective

Coaster Foot Brakes

- No Not Stop
- OK Brakes Effective

Hand Grips

- Hand Grips Uncovered
- Ends Plugged & Protected
- Ok Grips Don't Twist

Frame/ Fork

- Bent
- Cracked
- OK

Quick Release Levers

- Closed
- Facing Backward

Reflectors & Lights

- Front Light Missing
- Rear Red Reflector Missing
- Reflector Hanger Bent
- OK Front Light Attached
- OK Reflector Attached & Working
- Optional Rear Light Added & Working

Chain

- Dirty - a little
- Rusty /
- Too Loose
- OK

Frame Size

- Too Big
- Too Small
- OK

**Protect Yourself!
Wear a Helmet!**

ABCD Quick Check

A. Air

- Is the air pressure in the tires correct? *No.*
- Are the tires in good shape? *Yes*
- Do the wheels spin freely? *Yes but rear wheel*
- Are all the spokes tight? *No quite loose.*

B. Brakes:

- Do the brakes make the wheels skid? *scrapes on brake pad, slows down (I can fix)*
- Are the pads in good shape? *Yes*

C. Chain:

- Is the chain straight? *Yes.*
- Is it clean and lightly oiled? *No.*

D. Drop:

- Raise the bike about two inches and drop it. Does it make noise? *Yes when I raise*
 - Something may be loose. *only front wheel, wiry sound.*
- Quick Check:**
If the bike is equipped with quick release fittings, are they tight? *Yes.*

Handlebars

With front wheel between legs, try to twist and then rotate handlebars. Tighten as needed to secure and tighten in a straight position. Bounce bike a few inches off the ground. Loose nuts, bolts, and spokes will be revealed.

Saddle Position

Try to twist the saddle. It should be tight and not move. Cyclist sits on saddle with balls of both feet touching the ground and, with one pedal in the lowest position, balance the other foot on the pedal. Two inches of seat post should remain inside the frame-maximum extension line should not show.

Tires

Thumb test by pushing down on each tire. Too much indent could require additional air.

Hand Grips

Must not twist easily. They must cover the handlebar ends with no protrusion of metal allowed.

Frame / Fork

Sturdy, straight, and secure with no evident damage.

Chain

No excessive looseness. Taut with some play.

Reflectors & Lights

Check that all lights and reflectors are mounted securely on the bike and are visible from a distance. California law requires a white light (not a reflector) in front, a red reflector in back, and a white or yellow reflector attached to each pedal when riding at night.

Coaster Foot Brakes

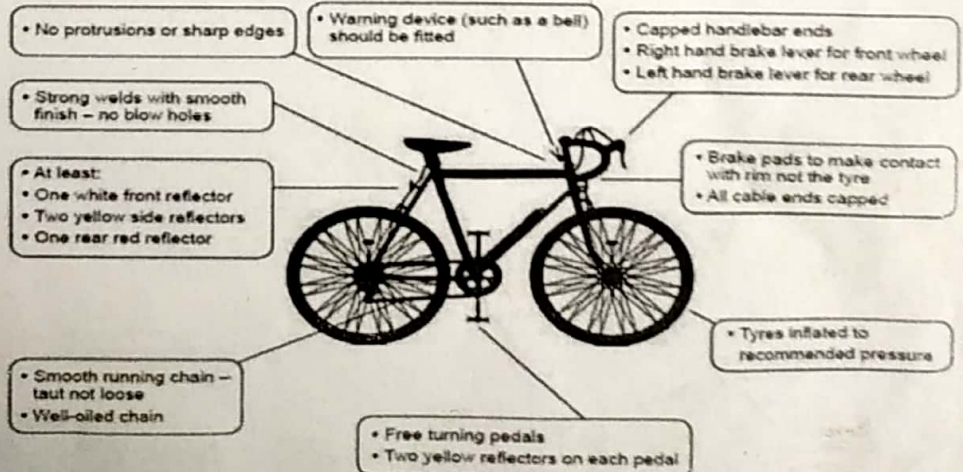
Ability to leave a skid mark. Either have cyclist do a skid or push forward and push pedal to apply brake. Is the brake arm attached to the frame near the rear wheel?

Hand Brakes

Depress levers and place fingers between lever and handlebar. At least one inch of space must remain between depressed lever and handlebar.

Frame Size

Straddle the bicycle with the top tube between the legs. Lifting handlebars and front wheel, the cyclist must have 13 inches of space. More experienced cyclists may sit on the saddle with the ball of one foot touching the ground, and the other foot on the pedal in its lowest position with a slightly bent knee. A young cyclist cannot adequately control a bike that is too big and lack of control leads to dangerous riding habits.



Here's to a healthier and more active Fresno! - www.fresnoBMP.com