

Bicycle Safety Checklist

A pre-ride safety routine covering the ABC quick check, helmet fit, lights, visibility and road rules for safe cycling.

ABC Quick Check

- ☐ Check tire air pressure and inflate to the sidewall range
- ☐ Confirm both brakes grip firmly and release cleanly
- ☐ Check the chain is on, lubricated and shifts cleanly
- ☐ Verify quick-releases or axles are closed and tight
- ☐ Lift and drop the bike to listen for loose parts

Helmet & Protective Gear

- ☐ Wear a helmet that sits level and fits snugly
- ☐ Buckle the chin strap and check the side straps form a V
- ☐ Replace any helmet that has been crashed or damaged
- ☐ Consider gloves for grip and protection
- ☐ Wear closed shoes that grip the pedals

Lights & Visibility

- ☐ Fit a white front light and red rear light
Required at night in most places and useful by day
- ☐ Check reflectors are present and clean
- ☐ Wear bright or reflective clothing
- ☐ Confirm lights are charged before night rides
- ☐ Clean any mirrors and adjust for a clear view

Bike Fit & Controls

- ☐ Set saddle height for a slight knee bend at the bottom
- ☐ Check handlebars and stem are tight and aligned
- ☐ Confirm you can reach and operate both brake levers
- ☐ Make sure a bell or horn is fitted if required
- ☐ Adjust the saddle and bars for a comfortable position

Road Rules & Riding

- ☐ Ride in the same direction as traffic
- ☐ Obey traffic signals, signs and lane markings
- ☐ Signal turns and stops with hand signals
- ☐ Stay alert at intersections and driveways
- ☐ Keep both hands ready to brake and avoid distractions
- ☐ Follow local helmet and equipment laws, which vary by region

Before You Set Off

- ☐ Plan a route with safer roads or bike lanes
- ☐ Check the weather and dress for conditions
- ☐ Carry a spare tube, pump and basic tools
- ☐ Bring water, ID and a phone

☐ Lock plans or let someone know longer routes