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