



Sprockids Bike Check

This checklist outlines certain safety issues related to your bike. If you have any questions or concerns about the safety of your bike or this checklist, please inform one of the Sprockids coaches. **NOTE:** This checklist is meant to be a preventative measure **ONLY**. Regular maintenance of your bike is required throughout the program.

~ To be completed PRIOR to the first session on May 9th ~

Sprockids Bike & Helmet Safety Checklist

Participant: _____ Phone Number: _____

There are **two options** to complete the safety checklist:

Option 1: Take this checklist to your local bike shop. The bike shop will perform a safety check on the bike to ensure it is safe and in proper working order. This check should minimize time spent on repairs, and optimize riding time. **McBike will offer a flat rate of \$20/bike for registrants of the Sprockids program.** (All required bike repairs are at the participant's expense).

Option 2: A family member will take responsibility to complete the checklist.

Pass	Fail	Repaired	Checklist for mechanic
			Handlebar, stem, seat, seat post, pedals, cranks and bolts are tight
			Gears shift smoothly, derailleurs, cables and housing in sound working condition, brake levers tight, and limit screws properly adjusted
			Brakes work properly, levers, cables and housing and brake pads are in good working order and condition
			Wheels are reasonably true with no broken or loose spokes
			Frame and fork are not bent, cracked, or otherwise seriously Misaligned
			Bearing in headset, bottom bracket, hub cones are not excessively loose or in need of urgent repair
			Tires are not seriously worn, torn, cracked, cut or in need of Replacement
			Wheel nuts and/or quick releases are properly installed
			Helmet meets safety standard and fits appropriately

Mechanic's Recommendations: _____

1: Mechanic's Signature: _____ Date: _____ Shop Name: _____

2: Parent/Guardian Signature: _____ Date: _____

Neither the bike shop, nor the Sprockids program is responsible for the state of each participant's bike. It is the FULL responsibility of participants to ensure that their bike is properly maintained and safe.

Please bring this completed form to the first session on May 9th.