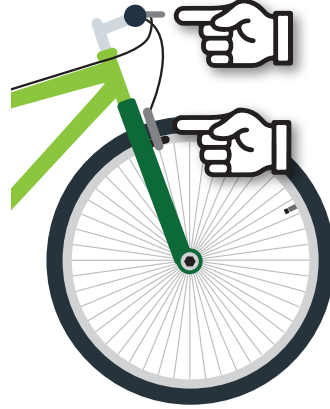


ABCD check guide



Air

check that your tyres are pumped up



Brake

check that your brakes are working



Chain

check that your chain is clean and moving freely



Drop

a small 10cm drop of the back wheel to check that there's nothing loose on the bike

Do a quick ABCD check before you ride!

REMEMBER TO RIDE YOU NEED:

1. A safe bike
2. Safe and bright clothes
3. A safe helmet that is worn correctly
4. A safe attitude



**Bike Ed**